



Reflections for Lent
2009
Fasting and Feasting

Lent should be more than a time of fasting. It should also be a joyous season of feasting. Lent is a time to fast from certain things and feast on others.

Fast from judging others; feast on the Christ within them.

Fast from emphasis on differences; feast on the unity of life.

Fast from apparent darkness; feast on the reality of light.

Fast from thoughts of illness; feast on the healing power of God.

Fast from words that pollute; feast on phrases that purify.

Fast from discontent; feast on gratitude.

Fast from anger; feast on patience.

Fast from pessimism; feast on optimism.

Fast from worry; feast on the divine order.

Fast from complaining; feast on appreciation.

Fast from negatives; feast on affirmatives.

Fast from unrelenting pressures; feast on prayer.

Fast from hostility; feast on non-resistance.

Fast from bitterness; feast on forgiveness.

Fast from self-concern; feast on compassion for others.

Fast from personal anxiety; feast on eternal truth.

Fast from discouragement; feast on hope.

Fast from lethargy; feast on enthusiasm.

Fast from sluggishness; feast on discipline.

Fast from isolation; feast on friendship.

Fast from tyranny; feast on liberation.

Fast from diminishment; feast on growth.

Let us Pray for the gift of growth this Lenten Season.

Compliments of
the Office of Mission
Catholic Medical Centers