

Did you know . . .

Lenten Prayer

Lent should be more than a time of fasting; it should be a time of feasting as well, a time to turn to God.

This Lenten Prayer appeared in this column several years ago, but worth repeating again...and perhaps every year.

Fast from judging others; feast on the Christ indwelling in them.
Fast from emphasis on differences; feast on the unity of all life.
Fast from apparent darkness; feast on the reality of light.
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 trust.
Fast from complaining; feast on appreciation.
Fast from negatives; feast on affirmatives.
Fast from unrelenting pressures; feast on unceasing prayer.
Fast from hostility; feast on nonviolence.
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 facts that depress; feast on truths that uplift.
Fast from lethargy; feast on enthusiasm.
Fast from suspicion; feast on truth.
Fast from thoughts that weaken; feast on promises that inspire.
Fast from idle gossip; feast on purposeful silence.
Fast from problems that overwhelm; feast on prayer that undergirds

Gentle God, during this season of fasting and feasting, gift us with your presence so we can be a gift to others in carrying out your work. Amen.

[William Arthur Ward; American author, teacher, pastor; 1921-1994]

Judy Pearson

Fast
Feast

"God has been very good to me, for I never dwell upon anything wrong which a person has done, so as to remember it afterwards. If I do remember it, I always see some other virtue in that person."
Saint Teresa of Avila (1515-1582)

500th Anniversary

**Fast from facts that depress;
Feast on verities that uplift.**