

LENTEN FASTING

Arthur Lichtenberger, a one time Presiding Bishop of the Episcopal Church in USA, once invited his people to observe lent in the following way:

Fasting and Feasting

fast from criticism - feast on praise

fast from bitterness - feast on forgiveness

fast from gossip - feast on silence

fast from despair - feast on hope

fast from complaining - feast on appreciation

fast from selfishness - feast on service

fast from anger - feast on patience

fast from self-pity - feast on compassion

fast from discontent - feast on gratitude

fast from fear - feast on faith