**Fast From… Feast on…**  Fast from worry; feast on trusting God.  
Fast from complaining; feast on appreciation.  
Fast from negatives; feast on affirmatives.  
Fast from hostility; feast on tenderness.  
Fast from unrelenting pressures; Feast from unceasing prayer.  
Fast from judging others; Feast on Christ dwelling in them.  
Fast from fear of illness; Feast on the healing power of God.  
Fast from words that pollute; Feast on speech that purifies.

Fast from discontent; feast on gratitude.  
Fast from anger; feast on patience.  
Fast from personal anxiety; Feast on the fullness of truth.  
Fast from pessimism; feast on optimism.

Fast from bitterness; feast on forgiveness.  
Fast from self-concern; feast on compassion for others.  
Fast from discouragement; feast on hope.  
Fast from suspicion; feast on truth.

Fast from lethargy and apathy; feast on enthusiasm.  
Fast from facts that depress; feast on truths that uplift.  
Fast from gossip; feast on purposeful silence.  
Fast from problems that overwhelm; Feast on prayer that sustains.  
Fast from thoughts that weaken; Feast on promises that inspire.  
Fast from apparent darkness; Feast on the reality of light. Mother Teresa