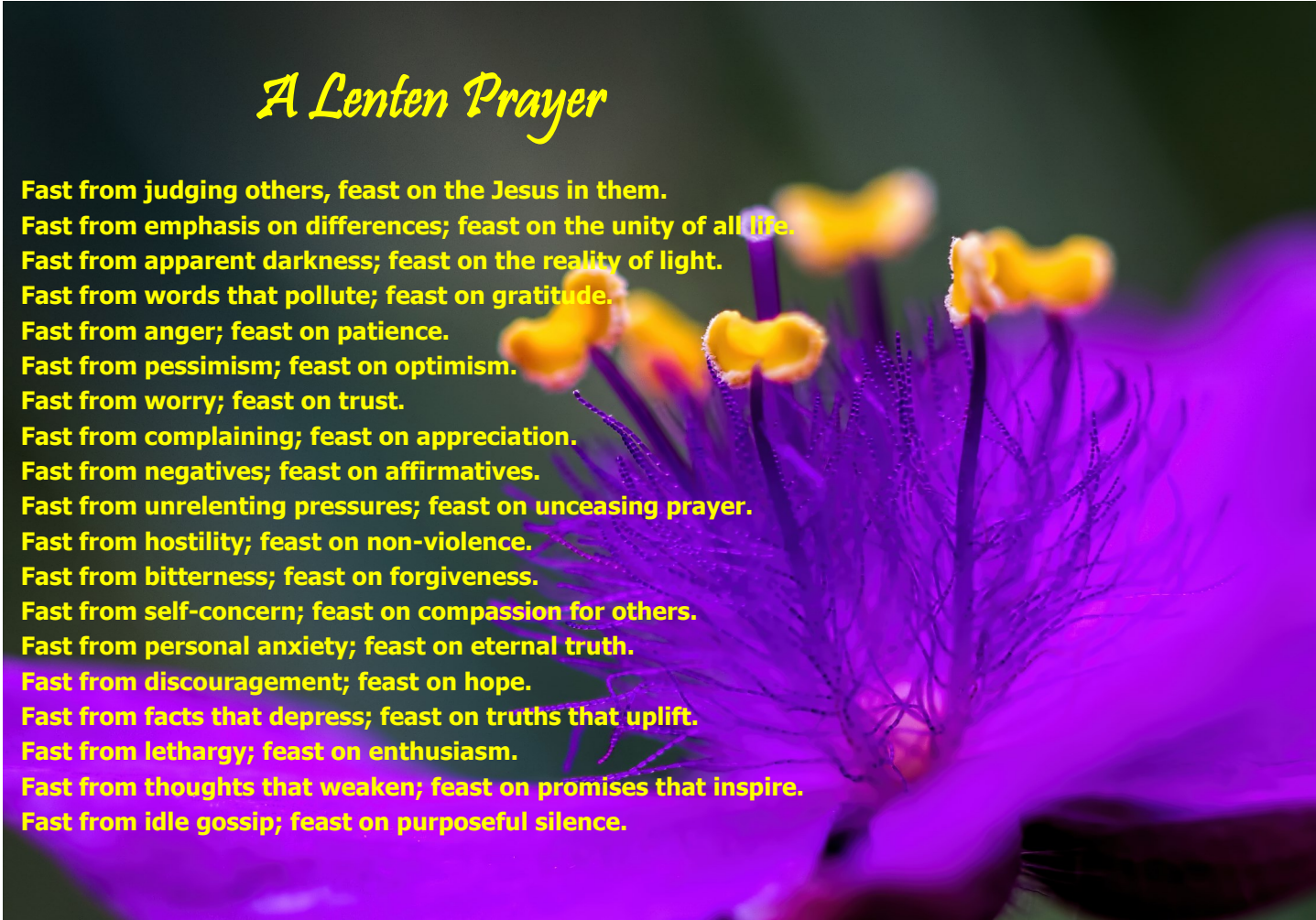


A Lenten Prayer



Fast from judging others; feast on the Jesus 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 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 non-violence.
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 thoughts that weaken; feast on promises that inspire.
Fast from idle gossip; feast on purposeful silence.