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Fasting and Feasting

by Richard Lapehn

From the Middle Ages to today, Christians have considered the Season of Lent as a time to Fast from certain things and to Feast on others.

A 20th Century Christian author by the name of William Arthur Ward offers the following suggestions for Lent:

- Fast from thoughts that weaken; feast on God's promises that inspire
 - Fast from judging others; feast on God's love for all creation
 - Fast from discontent; feast on gratitude
- Fast from rash decisions; feast on patience
 - Fast from pessimism; feast on optimism
 - Fast from worry; feast on God's providence
- Fast from complaining; feast on appreciation
 - Fast from bitterness; feast on forgiveness
 - Fast from unrelenting pressures; feast on unceasing prayer
- Fast from personal anxiety about today; feast on eternal Truth
 - Fast from discouragement; feast on hope
 - Fast from self-concern; feast on compassion for others.

Use this Season of Lent to fill your mind with literature brimming with hope and joy. Watch a movie filled with laughter and good will. Fast from the news of conflict that you cannot control. Feast on correspondence with those who are near or far.

Remember Paul's instructions to the followers of Christ in Rome, "Do not be conformed to the pattern of this world, but be transformed by the renewing of your mind, so that you may discern what is the will of God – what is good and acceptable and perfect" (Romans 12:2).

In the blessing of the Season of Lent,
Rich Lapehn