



The Fasting Life

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 pessimism; Feast on hope.

Fast from negatives;

Feast on encouragement.

Fast from bitterness; Feast on forgiveness.

Fast from self-concern;

Feast on compassion.

Fast from suspicion; Feast on truth.

Fast from gossip;

Feast on purposeful silence.

Fast from problems that overwhelm;

Feast on prayer that sustains.

Fast from anxiety;

Feast on faith.

Author Unknown



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A decorative gold scrollwork border frames the text. It features intricate, symmetrical designs with acanthus leaves and scrolls, creating a classic, elegant frame around the central text.

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