

Fast from...

Judging others
Emphasis on differences
Apparent darkness
Thoughts of illness
Words that pollute
Discontent
Anger
Pessimism
Worry
Complaining
Negatives
Unrelenting pleasures
Hostility
Bitterness
Self-concern
Personal anxiety
Discouragement
Facts that depress
Lethargy
Suspicion
Thoughts that weaken
Shadows of sorrow
Idle gossip
Problems that overwhelm

Feast on...

Christ dwelling in others
The unity of all life
The reality of all light
The healing power of God
Phrases that purify
Gratitude
Patience
Optimism
God's providence
Appreciation
Affirmatives
Unceasing prayer
Non-resistance
Forgiveness
Compassion for others
Eternal truth
Hope
Verities that uplift
Enthusiasm
Truth
Promises that inspire
The sunlight of serenity
Purposeful silence
Prayer that sustains