

*"Let the mouth also fast from disgraceful speeches and railings. For what does it profit if we abstain from fish and fowl and yet bite and devour our brothers and sisters? The evil speaker eats the flesh of his brother and bites the body of his neighbor."*  
( Saint John Chrysostom, d. 407 )

Fast from worry, and feast on divine order by trusting in God.  
Fast from complaining, and feast on appreciation.  
Fast from negatives, and feast on affirmatives.

Fast from unrelenting pressures, and feast on unceasing prayer.  
Fast from hostility, and feast on non-resistance.  
Fast from bitterness, and feast on forgiveness.

Fast from self-concern, and feast on compassion for others.  
Fast from shadows of sorrow, and feast on the sunlight of serenity.  
Fast from idle gossip, and feast on purposeful silence.  
Fast from judging others, and feast on the Christ within them.

Fast from emphasis on differences, and feast on the unity of life.  
Fast from apparent darkness, and feast on the reality of light.

Fast from thoughts of illness, and feast on the healing power of God.  
Fast from words that pollute, and feast on phrases that purify.  
Fast from discontent, and feast on gratitude.

Fast from anger, and feast on optimism.  
Fast from personal anxiety, and feast on eternal truth.

Fast from discouragement, and feast on hope.  
Fast from facts that depress, and feast on verities that uplift.  
Fast from lethargy, and feast on enthusiasm.  
Fast from suspicion, and feast on truth.

Fast from thoughts that weaken, and feast on promises that inspire.  
Fast from problems that overwhelm, and feast on prayer that undergirds.