



Fifteen Great Ways to Fast During Lent

1. *Fast from anger and hatred. Give your family that extra dose of love.*
2. *Fast from division. Strive to be in unity with everyone.*
3. *Fast from judging others. Before making any judgments, remember how Jesus overlooks our faults.*
4. *Fast from low self-esteem, pessimism, and negativity. Be positive in your outlook on life.*
5. *Fast from discouragement. Let's have hope in all that we do.*
6. *Fast from personal anxiety, fear, and worry. Jesus is watching over our lives. Put your trust in him.*
7. *Fast from lethargy. Have enthusiasm for life.*
8. *Fast from the problems that overwhelm your life and wear you down. Pray and ask Jesus for help.*
9. *Fast from complaining. When you're about to complain, try to appreciate all the little moments of joy.*
10. *Fast from too much self-concern. Put yourself in the shoes of other people.*
11. *Fast from any resentments or bitterness. Forgive those who have hurt your life.*
12. *Fast from conversations that are negative or filled with gossip. Encourage one another with loving and kind words.*
13. *Fast from spending too much money. Reduce your spending by 10 percent and have your family give the savings to the poor.*
14. *Fast from too much of the world. In Lent, try to give extra time to Jesus.*
15. *Fast from cooking, grocery shopping, and the dishes. This one is reserved for the Second Coming of Jesus.*

What to Give Up...for Lent, for Life

Give up complaining.....focus on *gratitude*.
Give up pessimism.....become an *optimist*.
Give up harsh judgments....think *kindly thoughts*.
Give up worry.....trust *Divine Providence*.
Give up discouragement.....be *full of hope*.
Give up bitterness.....turn to *forgiveness*.
Give up hatred.....return *good for evil*.
Give up negativism.....be *positive*.
Give up anger.....be *more patient*.
Give up pettiness.....become *mature*.
Give up gloom...enjoy the *beauty that is all around you*.
Give up jealousy.....pray for *trust*.
Give up gossiping.....control your *tongue*.
Give up sin.....turn to *virtue*.
Give up giving up.....*hang in there!*

Direct our actions, Lord, by your holy inspiration and carry them forward by your gracious help, that all our works may begin in you and by you be happily ended.

We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. Amen.