



CANADIAN CATHOLIC ORGANIZATION FOR

**Development
and Peace**

devp.org/activities

REFLECTION AND PRAYER

FEASTING AND FASTING

Fast from judging others, feast on the Christ dwelling in them.
Fast from emphasis on differences; feast on the unity of all life.
Fast from apparent darkness; feast on the reality of light.
Fast from thoughts of illness; feast on the healing power of God.

Fast from words that pollute; feast on phrases that purify.
Fast from discontent; feast on gratitude.
Fast from anger; feast on patience.
Fast from pessimism; feast on optimism.

Fast from discouragement; feast on hope.
Fast from facts that depress; feast on verities that uplift.
Fast from laziness; feast on enthusiasm.
Fast from suspicion; feast on truth.

Fast from thoughts that weaken; feast on promises that inspire.
Fast from shadows of sorrow; feast on the sunlight of serenity.
Fast from idle gossip; feast on purposeful silence.
Fast from problems that overwhelm; feast on prayer that sustains life.

For "Your Father who sees in secret will reward you." (Matthew 6:4)

Used with permission from Skrepichuk, S., & Coté, M. (2007). We Dare to Say: Praying for Justice and Peace. Ottawa: Novalis Publishing.