

Fasting and Feasting Ideas for Lent

Fasting, prayer and almsgiving are three practices that are highlighted during the season of Lent to help us grow spiritually. Before choosing what you would like to fast from and/or feast on, take a look at our spiritual life and ask yourself:

- ❖ What habits do I engage in that are destructive to my spiritual health?
- ❖ Am I too attached to any material things?
- ❖ Are there any areas of my life that are not in balance?
- ❖ Do I devote too much or not enough time to any one thing or person?

Based on the answers to the questions above take a look at the suggested items below and choose one that you would like to focus on that will help you fast from something that is holding you back, limiting you or taking too much of your attention and then choose one that will help you feast on God.

Fast from:

Feast on:

Watching television one night a week	Spending time playing a game with the family
Too much caffeine or coffee	Giving the money saved to a charity
Social networking sites- facebook, etc	Social interaction in person
Driving to your destination	Walking and enjoying God's creation
Eating unhealthy fast food	Making a homemade meal
Leaving critical posts on sites	Leaving positive/affirming posts
Complaining about chores	Doing a chore for someone else
Snacks between a meal-once a week	Helping parents make the meal 1xweek
An unhealthy habit	Exercise
Running errands for yourself only	Running an errand for an elderly friend
Using foul language	Using positive language
Negative attitude	Positive attitude
Pointing out faults in others	Writing positive notes about others
Listening to degrading lyrics in music	Listening to positive/uplifting songs
Eating chocolate	Make a chocolate treat for someone
Keeping grudges	Making amends
Having extra weekend sleep	Using the time to help someone else
going to the movies	Spending at home time watching a movie
Gossiping or being dishonest	Being truthful and honest
Watching violent television and movies	Praying for peace in the world
Feeling guilty about things you have done	Remembering God's great love for you
Paying for a babysitter for a night out	Offering to babysit for a single parent
Contributing to the earth's problems	Expanding your recycling efforts
Just reading about problems in the world	Finding out how you can make a difference
Write in your own ideas below!	