



Fast from hurting words. Say kind words.

Fast from sadness. Be filled with gratitude.

Fast from anger. Be filled with patience.

Fast from pessimism. Be filled with hope.

Fast from worries. Trust in God.

Fast from complaints. Contemplate simplicity.

Fast from pressures. Be prayerful.

Fast from bitterness. Fill your heart with joy.

Fast from selfishness. Be compassionate to others.

Fast from grudges. Be reconciled.

Fast from words. Be silent so you can listen.