

DO YOU WANT TO FAST THIS LENT?

Fast from hurting words and say kind words
Fast from sadness and be filled with gratitude

Fast from anger and be filled with patience
Fast from pessimism and be filled with hope
Fast from worries and have trust in God
Fast from complaints and contemplate

simplicity

Fast from pressures and be prayerful
Fast from bitterness and fill your hearts with
joy

Fast from selfishness and be compassionate to
others

Fast from grudges and be reconciled
Fast from words and be silent so you can listen



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