

## *15 Great Ways to Fast During Lent*

Fast from anger and hatred. Give your family that extra dose of love.

Fast from division. Strive to be in unity with everyone.

Fast from judging others. Before making any judgements, remember how Jesus overlooks our faults.

Fast from low self-esteem, pessimism, and negativity. Be positive in your outlook on life.

Fast from discouragement. Lets have hope in all that we do.

Fast from personal anxiety, fear, and worry. Jesus is watching over our lives. Put your trust in him.

Fast from lethargy. Have enthusiasms for life.

Fast from the problems that overwhelm your life and wear you down.

Pray and ask Jesus for help.

Fast from complaining, when you are about to complain, try to appreciate all the moments of joy.

Fast from too much self-concern. Put yourself in the shoes of other people.

Fast from any resentments or bitterness. Forgive those who have hurt your life.

Fast from conversations that are negative or filled with gossip.

Encourage one another.

Fast from spending too much money. Reduce your spending by 10 percent and have your family give the savings to the poor.

Fast from too much of the world. In Lent, try to give extra time to Jesus.

Fast from cooking, grocery shopping, and the dishes. This one is reserved for the Second Coming of Jesus.