



*You want to fast during lent? Well...*

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 trust God

Fast from complaints and contemplate simplicity

Fast from pressures and be prayerful

Fast from bitterness and fill your heart 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

*Pope Francis*