

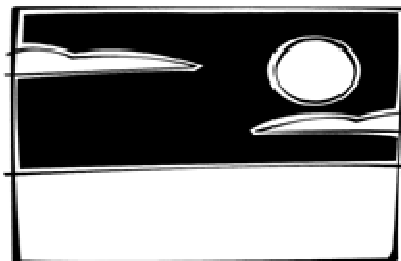
## A Different Approach to Fasting .....

Fasts have a tendency to be oriented toward things like giving up food or television or texting?

But there are many other creative ways we can express our soulfulness and spiritual discipline.

Here are some suggestions you may want to consider:

1. **Fast from anger and hatred.**  
Give the people nearest and dearest to you an extra dose of love each day.
2. **Fast from judging others.**  
Remember what it might be like to walk in another's shoes.
3. **Fast from discouragement.**  
Hold onto the promise that there is a perfect plan for your life.
4. **Fast from complaining.**  
Recall the gifts of grace you have received in your life and the moments of joy.
5. **Fast from resentment and bitterness.**  
Work on forgiving those who may have hurt you.
6. **Fast from spending too much money.**  
Reduce your spending and give those savings to a charity.



He was in the wilderness 40 days.

Mark 1:13