

# A Prayer for Lent

As we begin our Lenten journey, we mark this special time in the liturgical calendar with a prayer from Abbot Robert.

Lord, give me the courage to:

Fast from judging others;  
Feast on Christ dwelling in them.

Fast from fear of illness;  
Feast on the healing power of God.

Fast from words that pollute;  
Feast on speech that purifies.

Fast from discontent;

Feast on gratitude.

Fast from anger;

Feast on patience.

Fast from pessimism;

Feast on hope.

Fast from negatives;

Feast on encouragement.

Fast from bitterness;

Feast on forgiveness.

Fast from self-concern;

Feast on compassion.

Fast from suspicion;

Feast on truth.

Fast from gossip;

Feast on purposeful silence.

Fast from problems that overwhelm;

Feast on prayer that sustains.

Fast from anxiety;

Feast on faith.

Amen.