



Words for the Way

An online Lent Course for the Diocese of Aberdeen and Orkney

Fast

Saturday 25 February 2023



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Luke 5:27-32 (The Message Translation)

After this he went out and saw a man named Levi at his work collecting taxes. Jesus said, “Come along with me.” And he did—walked away from everything and went with him. Levi gave a large dinner at his home for Jesus. Everybody was there, tax men and other disreputable characters as guests at the dinner. The Pharisees and their religion scholars came to his disciples greatly offended. “What is he doing eating and drinking with misfits and ‘sinners?’”

Jesus heard about it and spoke up, “Who needs a doctor: the healthy or the sick? I’m here inviting outsiders, not insiders—an invitation to a changed life, changed inside and out.”

There is a Lenten tradition of Fasting, abstaining from certain food and drink, restraining oneself from doing or enjoying something. Fasting can be from a food or drink, for instance chocolate or alcohol or it could be about a practice or habit in your life. In Lent we're asked to examine ourselves, are our lives patterned on Jesus? Are there practices that we could work on refraining from, abstaining from or fasting from in order to live a more Jesus shaped-life? In today's Gospel reading Jesus does not act as those around him expected, modelling welcome to all, perhaps you're challenged this Lent not to fast from a favourite food but from an attitude to life or others?

A Reflection of Fasting and Feasting (attributed to William Arthur Ward)

Fast from judging others; [feast on the Christ dwelling in them.](#)

Fast from emphasis on differences; [feast on the unity of all life.](#)

Fast from apparent darkness; [feast on the reality of light.](#)

Fast from words that pollute; [feast on phrases that purify.](#)

Fast from discontent; [feast on gratitude.](#)

Fast from anger; [feast on patience.](#)

Fast from pessimism; [feast on optimism.](#)

Fast from worry; [feast on trust.](#)

Fast from complaining; [feast on appreciation.](#)

Fast from negatives; [feast on affirmatives.](#)

Fast from unrelenting pressures; [feast on unceasing prayer.](#)

Fast from hostility; [feast on nonviolence.](#)

Fast from bitterness; [feast on forgiveness.](#)

Fast from self-concern; [feast on compassion for others.](#)

Fast from personal anxiety; [feast on eternal Truth.](#)

Fast from discouragement; [feast on hope.](#)

Fast from facts that depress; [feast on truths that uplift.](#)

Fast from lethargy; [feast on enthusiasm.](#)

Fast from suspicion; [feast on truth.](#)

Fast from thoughts that weaken; [feast on promises that inspire.](#)

Fast from shadows of sorrow; [feast on the sunlight of serenity.](#)

Fast from idle gossip; [feast on purposeful silence.](#)

Fast from problems that overwhelm; [feast on prayer that undergirds.](#)

Gentle God, during this season of fasting and feasting, gift us with your presence, so we can be a gift to others in carrying out your work. Amen.



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The word for each day is taken from Trevor Hudson's *40 words for 40 days Pauses for Lent*.