

**ST ANDREW'S CHURCH
GRAFHAM**

'THOUGHT FOR THE WEEK'

24th February 2021

This week I'd like to share something which I was sent recently. There are a number of different versions on the internet - as you will discover if you google the opening line. They have their origins in 'A Lenten Prayer' by William Arthur Ward (1921-1994).

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

Fast from the emphasis on differences; feast on the unity of life.

Fast from apparent darkness; feast on the reality of light.

Fast from thoughts of illness; feast on the healing power of God.

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 divine order.

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 non-resistance.

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 discouragements; feast on hope.

Fast from facts that depress; feast on verities that uplift.

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.

I suggested last week that we might consider giving up those 'things' which get in the way of our relationship with God. These words challenge us to look at our attitudes and thoughts. Perhaps

you would like to focus on just one or two of these lines this Lent (the whole lot would be a bit overwhelming!) or even write your own version.

One of the versions I found ended with this prayer which I think is a helpful addition:

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

With my love and prayers

Camilla

Please share these mailings with anyone who you think might find them helpful. If they would like to receive them direct they are welcome to email office@standrewsgrafham.org.uk and we will add them to the mailing list.