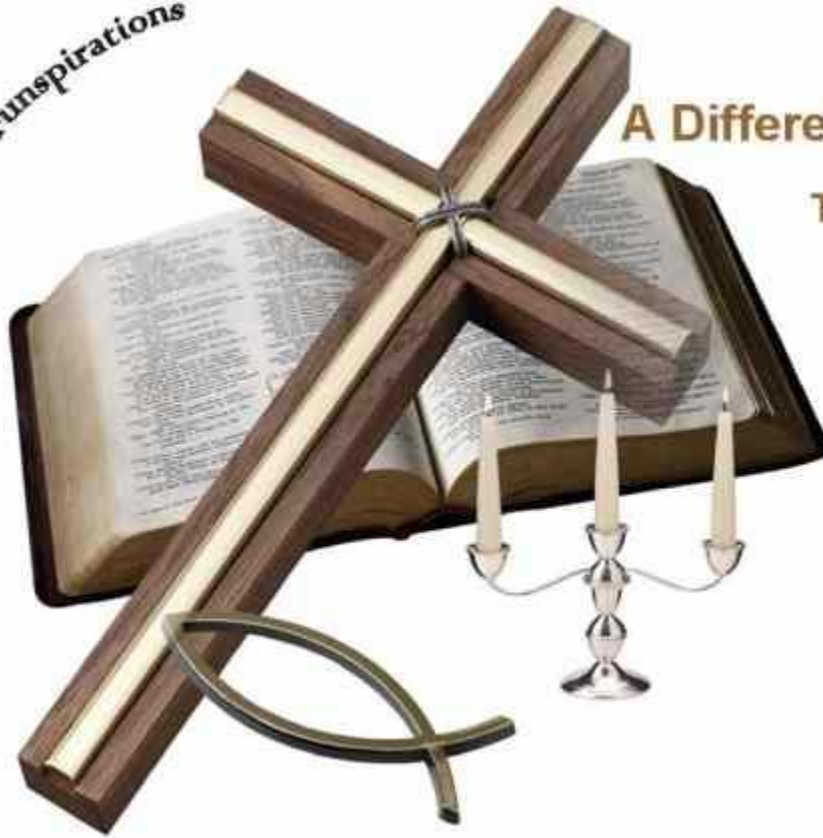


*Speak kindly.....
Leave the rest to God*

Funspirations



**A Different Approach
To
Fasting...**

Funspirations



Fasts have a tendency to be oriented toward things like giving up food or television. But there are many other creative ways we can welcome Jesus' healing touch.

Here are suggestions you may want to consider.

Funspirations



**1. Fast from
anger and hatred.
Give your family
an extra dose of
love
each day.**

Funspirations



2. Fast from judging others.

Before making any judgments, recall how Jesus overlooks our faults.

Funspirations



3. Fast from discouragement.

Hold on to Jesus' promise that He has a perfect plan for your life.

Funspirations



4. Fast from complaining.

When you find yourself about to complain, close your eyes and recall some of the little moments of joy Jesus has given you.

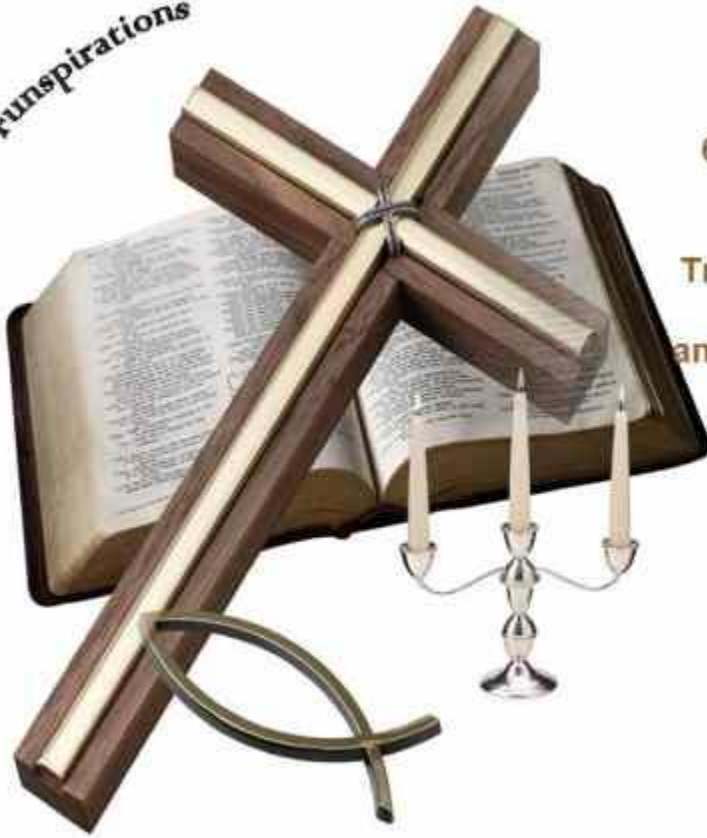
Funspirations



**5. Fast from
resentment or
bitterness!.**

**Work on forgiving
those who may
have hurt you.**

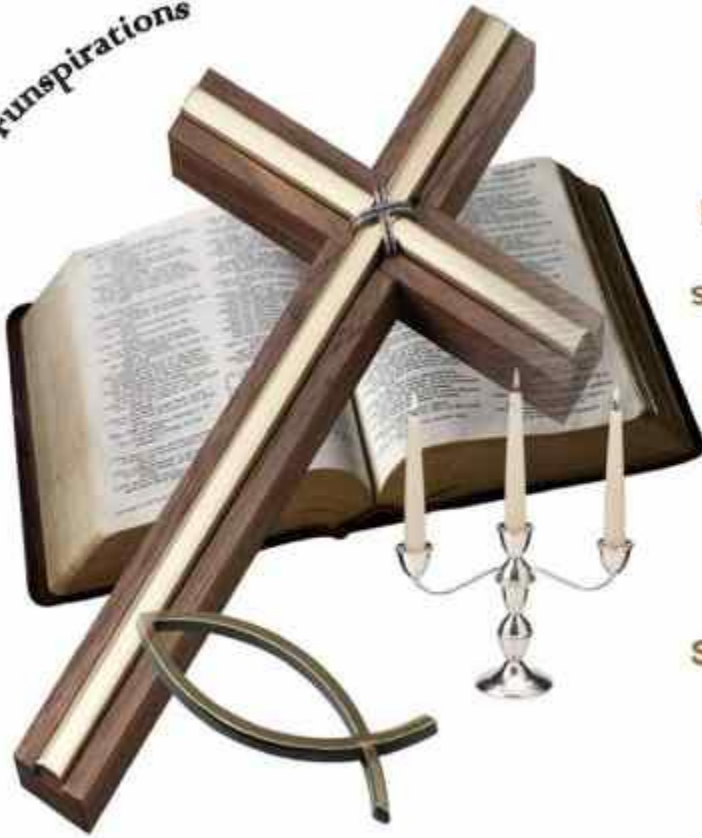
Funspirations



6. Fast from spending too much money.

Try to reduce your spending by ten percent and give those savings to the poor.

Funspirations



Please forward this to as many as possible and surely, you will be blessed abundantly.

Wishing you all Peace, Love, and Happiness during Lent.

SMILE – Jesus Loves You!