



## Soul-nourishing Practices for Lent

### *Fast from busyness.*

Take a slow walk around a neighborhood park or other natural place. Listen to the sounds around you—of nature, of people, of silence—and let your soul find rest in the moment.

### *Fast from emotional exhaustion.*

When feeling a soul-draining emotion, such as resentment, hurt, anger, or fear, give yourself time and space to let it rise and then subside. Don't judge, bury, or ignore it, but let it play itself out before choosing a way to respond.

### *Fast from negativity.*

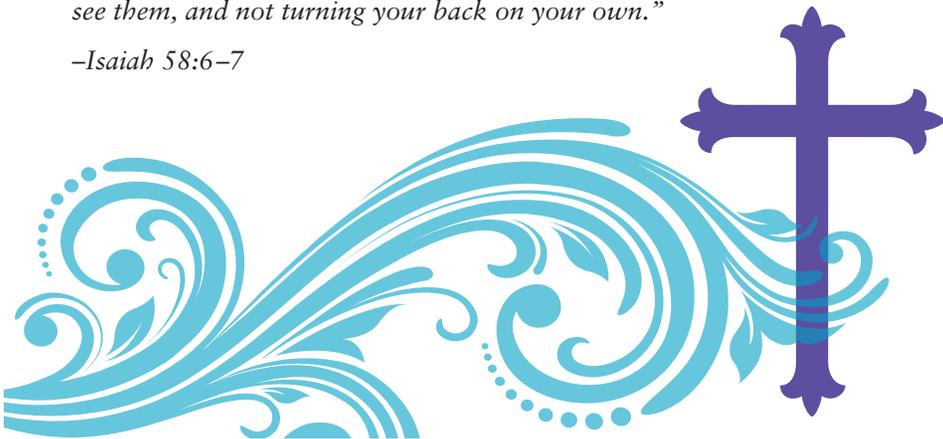
Pay attention to times when you find yourself indulging in skepticism or sarcasm, cynicism or contempt. Make a conscious effort to turn your thoughts around to something positive, hopeful, and life-enhancing.

### *Fast from verbal violence.*

Look for ways to replace hurtful words with healing ones. Be mindful of abstaining from television shows, films, books, articles, and other forms of media that are filled with hateful, judgemental, or cruel words, images, and actions.

*\*This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; Setting free the oppressed, breaking every yoke; Sharing your bread with the hungry, sheltering the oppressed and the homeless; Clothing the naked when you see them, and not turning your back on your own.\**

—Isaiah 58:6–7



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