Fasting and Feasting - Celebrating the 90 Days: Ash Wednesday to Pentecost

**Ash Wednesday**
Fast from negativity.
Feast on a positive heart.

**Thursday**
Fast from selfishness.
Feast on generosity.

**Friday**
Fast from compulsions.
Attend Stations of the Cross.

**Saturday**
Fast from hard-headedness.
Feast on cooperation.

**1st Sunday of Lent**
Fast from control.
Feast on collaboration.

**Monday**
Fast from self-indulgence.
Feast on abstinence.

**Tuesday**
Fast from resentment.
Feast on letting go.

**Wednesday**
Fast from waste.
Feast on goodness.

**2nd Sunday of Lent**
Fast from rigidity.
Feast on flexibility.

**Monday**
Fast from wasting time.
Feast on good planning.

**Tuesday**
Fast from judging.
Feast on affirming.

**Wednesday**
Fast from unhealthy criticism.
Feast on supporting.

**Thursday**
Fast from a blind heart.
Feast on seeing with love.

**Friday**
Fast from being divisive.
Attend Stations of the Cross.

**Saturday**
Fast from abusing others.
Feast on appreciating others.

**3rd Sunday of Lent**
Fast from being divided.
Feast on praying.

**Monday**
Fast from arrogance.
Feast on humility.

**Tuesday**
Fast from being judgmental.
Feast on being intentional.

**Wednesday**
Fast from being disorderly.
Attend Stations of the Cross.

**2nd Sunday of Lent**
Fast from road rage.
Feast on road compassion.

**Tuesday**
Fast from fear.
Feast on confidence in God.

**Wednesday**
Fast from hypocrisy.
Feast on integrity.

**Thursday**
Fast from being stingy.
Feast on generosity.

**Friday**
Fast from being divisive.
Attend Stations of the Cross.

**Saturday**
Fast from being disorderly.
Feast on openness to God.

**4th Sunday of Lent**
Fast from being belittling.
Feast on praising.

**Monday**
Fast from being lazy.
Feast on willing service.

**Tuesday**
Fast from being judgmental.
Feast on being intentional.

**Wednesday**
Fast from being disorderly.
Attend Stations of the Cross.

**2nd Sunday of Lent**
Fast from being belittling.
Feast on praising.

**Monday**
Fast from being judgmental.
Feast on being intentional.

**Tuesday**
Fast from being disorderly.
Attend Stations of the Cross.

**Thursday**
Fast from being disorderly.
Feast on good planning.

**Friday**
Fast from being judgmental.
Pray Stations of the Cross.

**Saturday**
Fast from being disorderly.
Feast on waiting in joyful hope.

**5th Sunday of Lent**
Fast from being inconsiderate.
Feast on being sensitive.

**Monday**
Fast from being judgmental.
Feast on being intentional.

**Tuesday**
Fast from being disorderly.
Attend Stations of the Cross.

**Wednesday**
Fast from being disorderly.
Attend Stations of the Cross.

**Thursday**
Fast from being disorderly.
Feast on waiting in joyful hope.

**Friday**
Fast from being judgmental.
Pray Stations of the Cross.

**Saturday**
Fast from being disorderly.
Feast on waiting in joyful hope.

**The Triduum**

**Holy Thursday**
Fast from laziness.
Feast on generous service.

**Good Friday**
Fast from fear.
Feast on sacrificing with joy.

**Holy Saturday**
Fast from anxiety and fear.
Feast on waiting in joyful hope.

**Easter Sunday**
Feast on the promise of Everlasting Life.

**Passion Sunday**
Fast from sadness.
Feast on honoring your grief.

**Monday of Holy Week**
Fast from craving approval.
Feast on who you are in God.

**Tuesday of Holy Week**
Fast from betrayals.
Feast on loyalty.

**Wednesday of Holy Week**
Fast from anger.
Feast on forgiveness.

**The Triduum**

**Holy Thursday**
Fast from laziness.
Feast on generous service.

**Good Friday**
Fast from fear.
Feast on sacrificing with joy.

**Holy Saturday**
Fast from anxiety and fear.
Feast on waiting in joyful hope.

**Easter Sunday**
Feast on the promise of Everlasting Life.
Easter Monday
Feast on Christ’s light.

Easter Tuesday
Feast on Christ’s recompense.

Easter Wednesday
Feast on Christ’s presence.

Easter Thursday
Feast on Christ’s courage.

Easter Friday
Feast on Christ’s resolve.

Easter Saturday
Feast on Christ’s mercy.

2nd Sunday of Easter
Feast on healed wounds.

Monday
Feast on gratitude.

Tuesday
Feast on thoughtfulness.

Wednesday
Feast on creation.

Thursday
Feast on joy.

Friday
Feast on patience.

Saturday
Feast on your Baptism.

3rd Sunday of Easter
Feast on waiting.

Monday
Feast on being loved by God.

Tuesday
Feast on being created by God.

Wednesday
Feast on being chosen by God.

Thursday
Feast on being anointed by God.

Friday
Feast on being sent by God.

Saturday
Feast on being God’s prophet.

4th Sunday of Easter
Feast on being lead by God.

Monday
Feast on thirsty for God.

Tuesday
Feast on praising God.

Wednesday
Feast on God’s faith in you.

Thursday
Feast on God’s goodness.

Friday
Feast on worshiping God.

Saturday
Feast on the faith of our ancestors.

5th Sunday of Easter
Feast on compassion.

Monday
Feast on a childlike wonder.

Tuesday
Feast on God’s glory.

Wednesday
Feast on your faith journey.

Thursday
Feast on God’s fabulous deeds.

Friday
Feast on God’s peace.

Saturday
Feast on God’s respect of you.

6th Sunday of Easter
Feast on being God’s Child.

Monday
Feast on Christ’s victory over death.

Tuesday
Feast on blessings.

Wednesday
Feast on achievements.

Thursday
Feast on being Church.

Friday
Feast on inclusiveness.

Saturday
Feast on a variety of music.

Feast of the Ascension
Feast on Christ’s prayer for us:
“That all may be one.”

Monday
Feast on Christ’s words:
“Ask and you shall receive.”

Tuesday
Feast on Christ’s prayer for us:
“I entrust them to You.”

Wednesday
Feast on Christ’s prayer for us:
“I guarded them with your name.”

Thursday
Feast on Christ’s prayer for all of us:
“I have revealed your Name to them, and I will continue to reveal it so that your love for me may live in them.”

Friday
Feast on Christ’s words to you:
“Do you love me?”

Saturday
Feast on Christ’s words to you:
“Follow me.”

Pentecost Sunday
Feast on the gift of the Spirit sent by Jesus, the love of God always with you.

Monday
Feast on the Spirit’s gift given in Confirmation: Wisdom.

Tuesday
Feast on the Spirit’s gift given in Confirmation: Knowledge.

Wednesday
Feast on the Spirit’s gift given in Confirmation: Fortitude.

Thursday
Feast on the Spirit’s gift given in Confirmation: Understanding.

Friday
Feast on the Spirit’s gift given in Confirmation: Piety / Spirituality.

Saturday
Feast on the Spirit’s gift given in Confirmation: Wonder and Awe in God’s Presence.

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