

Fasting is More than Giving Up Chocolate:  
Fasting ... From A to Z

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I recently did a google search for "fasting;" the vast majority of the 139,000,000 results were about doing without or limiting our food. Many important reasons are evident about fasting from food, especially in our spiritual journey.

At the same time, as we think about our life of faith and our relationship with God, perhaps we are called – especially during the Lenten season – to fast from other practices and attitudes.

If we chose one (or two) from the list below – or a different one for each day – what kind of people might we be as we celebrate Easter ... and live the rest of our year(s)?

A:

- Anger
- Anxiety

B:

- Bitterness
- Being strong and always trying to hold it all together
- Blame

C:

- Complaining
- Compulsive consumerism
- Carrying grudges
- Criticism
- Cynicism
- Comparison
- Clutter (Clutter isn't about being disorganized. It's usually about having way too much.)

D:

- Discontent
- Discouragement

E:

- Emphasis on difference
- Endless list-making and too many deadlines
- Envy
- Excuses

F:

- Frivolous purchases
- Fear
- Fear of failure
- Fueling resentments
- Feeling sorry for yourself
- Feelings of unworthiness

G:

- Gossip
- Guzzling gas (Drive the speed limit. Walk or ride your bike when you can.)
- Grimness
- Greed (Purchasing because of need rather than want.)

H:

- Having the last word
- Hostility

I:

- Instant gratification
- Impatience

J:

- Judging others
- Jealousy

K: Kneejerk responses to life rather than responding from reflection

L: Laziness

M: Multitasking and the destructive energy of inattentiveness to any one thing

N:

- Negativity
- The Need the control
- Nagging

- The Need to please everyone

O:

- Over-commitment and over-scheduling (Say no in order to simplify your life.)
- Over-using technology (turn off phone during meals; check Facebook just once a day, etc.)
- Over-packaged, processed, canned and frozen convenience foods
- Online shopping

P:

- Pessimism
- Problems that overwhelm
- Prejudice
- Praying only when you need something

Q: Quarreling

R:

- Racist jokes
- Resentment
- Repeating mistakes you've made in the past

S:

- Sarcasm
- Selfishness
- Self-pity
- Speech and conversation that includes violent language
- Swearing
- Single-use plastics
- Social media
- Suspicion
- Speed and rushing through life
- Sense of entitlement

T:

- Television (that's always on in the background)
- Thoughts that weaken
- Taking people for granted
- Take-out and fast food
- Trying to be a perfectionist

U: Unnecessary noise in your life

V:

- Violent words
- Violent movies

W:

- Worry
- Words that pollute, belittle, and tear down
- Wasting electricity (turn off lights/electronic gadgets when not in use)
- Wishing for someone else's life, relationship, or possessions

X: A Xeroxed view of people (everyone is the same)

Y: Your favorite store (or mall)

Z: Zingers

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