



*A RULE FOR LENT  
(and all seasons)*

*Fast from criticism, and feast on praise;*

*Fast from self-pity, and feast on joy;*

*Fast from ill temper, and feast on peace;*

*Fast from resentment, and feast on  
contentment*

*Fast from jealousy, and feast on humility;*

*Fast from pride, and feast on love;*

*Fast from selfishness, and feast on service;*

*Fast from fear, and feast on faith.*

*By the late Arthur Lichtenberger,  
Presiding Bishop of the Episcopal Church, 1958-1964*

*God of times and seasons, you have brought  
us again to Lent for the study of Your  
Word, for the remembrance of the  
temptation of Your Son, and for the  
contemplation of His cross, The birds know  
their seasons; forbid that we be blind to our  
times. Grant us a Lenten blessing, and  
may no one miss this time of growth. We  
ask this through Christ our Lord. Amen.*