

# Prayer and Fasting for Peace in Our World

## Monthly Prayer Practices for God's Help

Throughout the year, you are invited to add to your calendar one resolution for each month. Reflect on the meaning of each "fast" in your life and write out one way you will "feast" during that month.



### January

*fast* from talking,  
*feast* on listening

### May

*fast* from hatred,  
*feast* on love



### September

*fast* from T.V.,  
*feast* on scripture reading

### February

*fast* from laziness,  
*feast* on involvement

### June

*fast* from violence,  
*feast* on peace

### October

*fast* from gossip,  
*feast* on silence

### March

*fast* from depression,  
*feast* on hope

### July

*fast* from doubt,  
*feast* on faith

### November

*fast* from judgment,  
*feast* on acceptance

### April

*fast* from grumbling,  
*feast* on joy



### August

*fast* from criticism,  
*feast* on affirmation



### December

*fast* from self,  
*feast* on others