

BEGIN A JUDGMENT FAST

April 3, 2020



From now until Easter, fast from judging others. Every time you begin to feel judgmental toward others or start to speak words of judgment about them, say a silent prayer for them instead. Ask God to bring them peace and to show you how you can be of service to them.

The key is not to stop thinking about others, but to [change the way you think](#) about them so that you begin to reflect the love and acceptance of Christ.

If you often feel judgmental, you might want to begin your fast with an [Attitude Checkup](#).