

WAIT

Read

“Is anyone thirsty?

Come and drink—

even if you have no money!

Come, take your choice of wine or milk—

it’s all free!

Why spend your money on food that does not give you strength?

Why pay for food that does you no good?

Listen to me, and you will eat what is good.

You will enjoy the finest food.

“Come to me with your ears wide open.

Listen, and you will find life.

Isaiah 55:1-3

Pray

God, what is the “food that does not give me strength?”

How am I feeding my desires in ways that will not ultimately satisfy? Media, food, sex, shopping...?

I will wait and listen for your response.

Pause and be still

WATCH

Read again

Pray

God, I hear you say that you love to feed us; that when we listen to you, our souls and spirits can eat what is good.

I will fast from the things that cannot satisfy, so that I can watch you as you feed my soul with the finest of foods.

Pause and listen

REPENTANCE AND CELEBRATION

Read again

Pray

God, I repent of the ways that I attempt to feed myself. I repent of my greed, my gluttony, my consumerism.

God, I celebrate your generosity. I celebrate your food, the kind that gives us strength. It is so good.

Pause to repent and celebrate