

## *Fasting vs. Dieting*

Fasting  
is much more  
than dieting.

By dieting  
we want to  
look and feel good;  
fasting makes us  
be and do good.

We diet  
to lose weight;  
we fast  
to gain wisdom.

We diet  
to eliminate  
fat;  
we fast  
to avoid being  
fatuous.

In a diet  
we count  
calories;  
by fasting  
we get rid of  
callousness.

In a diet  
we concentrate on  
what to give up;  
by fasting  
we explore  
whom to give to.

By dieting  
we eat sensibly;  
by fasting  
we grow  
in sensitivity.

In a diet  
we pass up food  
that is rich;  
in a fast  
we look for  
what is enriching.

Usually, a diet  
is tolerated;  
a fast, however,  
must be embraced.

A diet  
curbs the cravings  
of the body;  
a fast is a feast  
for the soul.

Therefore, while  
dieting is recommended  
for Lent;  
fasting is designed  
for life.

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