

Food for Thought

Fasting with the Tongue this Lent

(Fr. Ed Broom,OMV)

A 30-day tongue-fasting journey & reflecting on the strength that your tongue possesses.

One of the most powerful weapons that we have at our disposal is between the two layers of our teeth – namely, our tongue. The words that issue from our mouth have an incredible power for good and for evil.

Pope Francis constantly is reminding us of the importance of vigilance over our whole being; and this includes our tongue and the words that come forth. Time and time again Pope Francis exhorts us to avoid gossip, back-biting and speech that damages others. Saint James reminds us: “We should be slow to speak and quick to listen.” In **St. James chapter 3** – a must to read with respect to the control of our tongue – Saint James in a clear and challenging fashion outlines the dangers of the tongue and the damage that this small instrument can do. Man can tame all animals, but not the tongue. It is small, but like a little spark that can start a huge fire.....

Jesus, who is the Logos – the Word of God made flesh – likewise warns us of the importance of the tongue, speech, and a reminder of the Day of Judgment! The Lord Himself says: “Out of abundance of the heart the mouth speaks.”

Lent: The Season of Conversion

The season of Lent is a time of conversion of life, this also includes conversion of the way we speak. The 3 traditional ways to attain to true conversion of heart and life are (1) Prayer, (2) Almsgiving (3) Fasting.

One can and should fast from food, especially on Ash Wednesday and Good Friday. Nonetheless, this is not exhaustive! Fasting can be done in many other ways. For example, fasting of the eyes from harmful TV programmes, fasting from laziness at work, fasting from being overly critical and judgmental in our hearts.

Still there is other form of fasting: fasting of the tongue, fasting in speech, fasting from offending others with our words.

Why not undertake this on your Lenten journey as you head to the Cross on Good Friday, with your hearts joyfully awaiting the Risen Lord Jesus the day of Resurrection?