

# 120

## Fasting from words

In an age of  
a deluge of words in the media  
empty Twitter tweeting  
the prattle of overweening televangelists  
the empty weasel words of politicians  
frantic protests

Simply  
Practise fasting from words \*  
fewer words  
chosen words  
innovative words  
expressing the inexpressible.

Ethics comes from language  
Action from the Word.

\* In lent 2014, the German centre for Protestant preaching culture recommended pastors dispensing with 49 words such as God, penance, Spirit (and finding new words instead).