

## **Prayers That Can Be Prayed During a Fast**

On your fast day you may wish to use these prayers when you begin your fast, during your fast, and at the end of your fast. Praying at key moments of your fast reinforces the connection between the two spiritual disciplines and invites the Spirit to come alongside you in this labor of faith.

### **When Beginning a Fast**

O Lord God, the Alpha and the Omega, the beginning and the end, I begin this fast to draw closer to you, to be spiritually stronger in you. When I hunger in the time ahead, remind me that I do not live by bread alone, but by every Word that proceeds from the mouth of God. When I am weakened by the absence of food, assure me that in seeking you I gain what cannot be lost. In the name of Jesus, the Bread of Life, I dedicate this fast to you, Lord. Amen.

### **During a Fast**

God of the land flowing with milk and honey, and God of the wilderness; by day and by night, in all places, your people followed you. Though they complained of their hunger in the barren places, you fed them with manna from heaven. When I hunger on this journey of fasting, use my discomfort not as a catalyst for complaint, but as a goad to trust in your leading. When I am tempted to quit, keep my eyes focused forward and my hand to the plow so that I be fit for the rich harvest you intend. This I ask in the name of Jesus, the Lord of the Harvest. Amen.

### **When Ending a Fast**

O Lord God, the Alpha and the Omega, the beginning and the end, this time of fasting is now at an end. Thank you for giving me the strength to come this far, and for growing in me the fruits of patience and self-control. As I return to the regular rhythms of food and nourishment, keep me now from succumbing to gluttonous desires and from forgetting the lessons of self-denial you have taught me. This I ask in the name of Jesus, the True Bread of Heaven. Amen