



An Invitation to Fast

Consider fasting with your church family during Holy Week. When we are apart during the week, this practice can give us a sense of community as we participate together.

Each four-hour fast involves abstaining from one meal and praying three times during the fasting period. You can choose to do one or both of them.

Evening Fast

Wednesday, April 13

4 pm – 8 pm

Pray at 4 pm, 6 pm, and 8 pm

Daytime Fast

Friday, April 15

10 am – 2 pm

Pray at 10 am, 12 pm, and 2 pm

You may break your fast after the last prayer time or continue to fast until your next meal. Here are some suggested prayers for your fasting period:

First prayer: *Gracious God, as I begin this fast, I ask you to examine my heart and purify my intentions. Let this time of restraint deepen my love for you. Come be with me as I fast and help me to see you more clearly. Give me the ability to focus not on what I'm missing but on the fellowship I get to enjoy with you. Guide me in this fast. I pray this in Jesus' powerful and sustaining name. Amen.*

Second prayer: *Almighty God, I ask for your strength as I go without this meal. Let me be nourished by your presence. As I draw near to you, I ask you to hear my cries and petitions. [Pray for your most pressing concerns.] O God, I call upon your power and might, asking you to transform me into the likeness of your Son, and to bring your mercy and justice into the world. Let me be an agent of your peace and righteousness. I praise you, praying this in the name of Jesus Christ, the bread of life. Amen.*

Third prayer: *Beloved God, as I prepare to end this fast, I thank you for the ways you have sustained me and kept my attention on you. Thank you for being beside me during this time, hearing my prayers and responding to my needs. I praise you for your unfathomable love for me, a love which is greater than anything I can comprehend. May the time we've spent together continue to shape me throughout today and this week. I dedicate this fast as a holy offering to you, O God, laying it before you in the name of Jesus, in whom all things are possible. Amen.*

Need help? Have questions?

Connect with me at tessa.pinkstaff@outlook.com during the week.