

A Prayer on Fasting

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Lenten Reflection: Installment One

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Magnificat: A Ministry to Catholic Women

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The words you are about to read are the result of my contemplation on the topic of fasting during Advent, Lent or any other period when you want to offer small sacrifices to God for all the blessings he has bestowed upon us. Any one of them is a challenge for me. The prayer is written as a lifelong personal quest. Perhaps some of these will resonate with you, as well.

Lord, please give me the courage to fast from anger, bitterness and resentment. Please replace those words, feelings and actions with kindness, sweetness and lightness of spirit. Let joy be my companion.

Lord, please give me the courage to fast from gossip. Please let only sincere compliments and gentle words spill forth from my lips. Let truth and sincerity be my mantra.

Lord, please give me the grace to fast from self-indulgence. Please replace avarice and selfishness with the graces of selflessness and charity towards others. Let moderation and love of others be my goal.

Lord, please give me the grace to fast from quarreling. Please bless me with the grace and ability to be Your peacemaker. Let peace dwell within me so others may see the light of Your Presence within me.

Lord, please give me the grace to fast from constant and chronic distractions that separate me from Your desires for me. Please grace me with the ability to listen and be attentive to the needs of others and act upon those needs as You would have me act. Let nothing distract me from You.

Lord, please give me the grace to fast from false gods in this fast-paced, consumer-driven world. Please bless me with the ability to discern Your will alone and to never lose sight that You, and You alone, are God. Let my life be a reflection of Your love acting within me.

Lord, please give me the grace to fast from all that is irreverent: gluttony, sloth, immodesty and impurity of any kind. Please bless me with the desire to seek only those things in life that are good and holy. Let me discipline my own behavior such that by observation others may learn from me.

Lord, please give me the grace to fast from the need for me to be always right. Please bless me with the desire to seek only to know and do what You know is right and just. Let my judgment be replaced with right judgment.

Lord, please give me the grace to fast from behavior that promotes my own self-interest. Please give me the grace to desire only Your will for my life. Let my life be a sacrifice of love for others.

Lord, please give me the grace to fast from all that distracts me from You as You – Father, Son and Holy Spirit – are the passion of my soul. If I look beyond my soul's desire, I may lose sight of You. Please, Lord, give me the grace to stay focused on Your path towards holiness. Let the light of Your love shine within me for others to witness.

Lord, please give me the grace to fast from all which You do not desire of me. Please bless me with the daily grace necessary and sufficient to be a saint. Let sainthood be my aspiration.



**BROTHERS
AND SISTERS,
DO NOT BE WEARY
IN DOING WHAT
IS RIGHT.**

2 Thessalonians 3:13, NRSV