

A PRAYER FOR STRENGTH WHEN FASTING

Lord, I humbly commit this time of prayer and fasting to you.

Give me strength and grace to fast with your purposes in mind, to remember those in need, and be a vessel of your love and mercy.

Strengthen me in my inner being and help me to fix my eyes not on what is seen but on the unseen that is eternal (2 Cor 4:18).

Thank you for helping me to withstand every temptation and fast with pure intentions. I praise you for the strength you supply which helps me persevere!

Amen.