

# Fasting

## MORNING PRAYERS

Monday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

### REFLECTION

We are told by Jesus that our spiritual relationship to God rests upon three pillars:- Prayer, Almsgiving and Fasting.

We know about the pillars of Prayer and Almsgiving; they are obviously good.

But what about Fasting? This is our theme for the week.

Fasting isn't about just 'giving up' things, like dieting or making yourself miserable for no good reason.

Think of Fasting as a way of *intensifying* your prayers and your almsgiving: When you fast, you are *throwing your whole body* into your relationship with God, not just your mind and your heart. It is like a spiritual supercharge.

In the season of Lent, those of us who are adults and those who have received the Sacrament of Confirmation as committed Catholics, should be fasting as part of their commitment in faith.

Jesus fasted for 40 days in the desert, before he began his mission to save us from death.

In response, we fast for 40 days in Lent, before we begin to celebrate the end of his saving mission at Easter, when he opened the way to eternal life.

### PRAYERS

Let us pray that we might be inspired to think of good ways to renew our commitment to Christ in the Season of Lent.

**Lord, hear us...**

Let us pray that we find the courage to persevere in our Lenten resolutions.

**Lord, hear us...**

St. Philip: **Pray for us.**

*House Saint:* **Pray for us.**

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

# Fasting

Tuesday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

## REFLECTION

Every Friday is a day when we fast by abstaining from meat. Why?

One answer is that from the earliest times, the Church has done this to mark the day when Jesus died for us on the Cross. So its a way of remembering Christ's sacrifice.

But remember, we should always fast for a *purpose*.

Sometimes we fast to intensify our prayers, like the time when Pope Francis asked the whole Church to join in a day of fasting for peace in Syria.

But sometimes we fast so as to join together with all other Catholics in the world in a common act of witness.

That's what we do by abstaining from meat on Fridays.

Jesus tells us that we should never fast to pat ourselves on the back and feel good about ourselves.

Fasting should always do good for other people.

When we fast on Fridays together, we do good to the whole world by showing that we believe that faith *matters*, and that there are some things more important than making money!

## PRAYERS

Let us pray that we draw strength from our common witness as Catholic Christians to the faith which we profess together.  
**Our Father...**

St. Philip: **Pray for us.**

*House Saint:* **Pray for us.**

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

# Fasting

## Wednesday

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

### REFLECTION

At the Last Supper, when Jesus instituted the Mass, he was the one person who was fasting while the twelve were feasting. He gave up his share of the bread and wine, and handed it to his disciples as his body and blood, the greatest of gifts. The Mass is a Sacrifice. Christ's sacrifice of himself to us. The word 'sacrifice' means to '*make holy*'. In the Mass, *we* are the ones being made holy by receiving Christ as God's gift to us. So before we prepare to be made holy in the Sacrifice of the Mass, before we take part in the Eucharistic feast, the Church expects us to fast for an hour. It is called the 'Eucharistic Fast'. The Eucharistic Fast is our way of marking the difference between ordinary food and the Body of Christ. But it is also our way of replying to God by making a small gesture to say how much this greatest of gifts means to us. So we fast for an hour beforehand, to say 'The Mass is special'.

### PRAYERS

Let us ask Mary Mother of God to pray for us, that we receive her Son devotedly into our bodies.

**Hail Mary...**

St. Philip: **Pray for us.**

*House Saint:* **Pray for us.**

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Fasting  
Thursday

**THE 8.20 MASS TOMORROW IS OFFERED  
FOR OUR LOVED ONES**

**ROSARY REFLECTION**

Let us offer up our Rosary intentions for those whom we love.

**THE FIFTH MYSTERY OF LIGHT:  
THE INSTITUTION OF THE EUCHARIST**

While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, 'Take, eat; this is my body.'

1x

*Our Father, who art in heaven, hallowed be thy name. Thy Kingdom come, thy will be done on earth as it is in Heaven. Give us this day...*

10x

*Hail Mary full of grace the Lord is with thee. Blessed art thou amongst women, and Blessed is the fruit of thy womb, Jesus. Holy Mary...*

1x

*Glory be to the Father, and to the Son, and to the Holy Spirit. As it was...  
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.*

Friday  
FRIDAY PRAYER

**Remember that you can go to the Chapel for Confession this  
lunchtime.**

*We pray together Saint Patrick's Breastplate*

**Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me.  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.**