



ISUSU  
OTKUPITELJU SVETOGA  
RODA

KRISTU

UZNIKONDE  
V SERBIJI  
I KRAJE  
PODIGOSE  
OBERAJUH  
SVOJIM  
ZUPNIK  
I ZUPA  
MEDUGORJE

## Fasting Prayer

Father, today I resolve to fast. I choose to fast because your prophets fasted, because your Son, Jesus Christ, fasted, as did His apostles and disciples.

I decide to fast because your servant, Mother Mary also fasted. I fast today as a disciple of your Son and I ask for the intercession of the saints and my guardian angel.

Father, I present this day of fasting to you for the ability to discover your Word more and discover what is essential and non-essential in this life. I present this fast to you for Peace.—for peace in my heart, peace with my family, peace with my neighbors, peace in my town/city, state and my country.

I fast for peace in the world, for all troubled spots in the world. I remember those who are hungry and impoverished.

I fast today for **(your intentions)**.

Through this fast cleanse me of all bad habits and calm down my passions and let your virtues increase in me. Let the depth of my soul open to your grace through this fast, so that it may totally affect and cleanse me.

Father, please help me fast with my heart. Mary, you were free in your heart and bound to nothing except the Father's will. Please obtain by prayer the grace of a joyful fast for me today. Our Father...Hail Mary...Glory Be! Amen.

\* Adapted from "Fast with the Heart" fasting prayer by Father Slavko Barbaric.

