

Prayers To Pray When Fasting

Prayer To Begin A Fast

Dear God, I thank you for the opportunity you have given to me today to seek your presence. As I commence my fast today, I humbly request your blessings to help me comprehend and appreciate the importance of this spiritual exercise.

Just like the disciples and Jesus fasted in the days of old, may this time of fasting renew my faith and rekindle my focus on you. I am thankful for the gift of fasting and the rewards that come with it. Please help me stay steadfast in my commitment to this journey and guide me towards the transformation that you desire for me. Amen.

Prayer Mid-Way Fasting

Dear Lord, Thank you for giving me the strength to continue this fasting journey. Your grace has sustained me thus far, and I trust that it will continue to carry me through to the end.

Please help me to surrender my will to yours and to seek your wisdom in all things. May my thoughts, words, and actions be pleasing to you, and may I reflect your love and grace to those around me.

Thank you for your unwavering love and faithfulness in my life. I trust in your provision and guidance as I continue on this journey. In Jesus' name, I pray. Amen.

Prayer To End Fasting

Heavenly Father, As I end this fast, I want to thank you for sustaining me throughout this journey. Your grace and strength have enabled me to persevere and grow closer to you.

As I break my fast, I pray you will help me with wisdom and discernment. May the food I eat nourish my body and refresh my spirit.

Please help me to continue to seek you and to follow your will for my life. May this time of fasting have a lasting impact on my heart and mind, and may it draw me into a deeper, more intimate relationship with you.

Thank you for your unending love and faithfulness and the many blessings you have poured upon me. I entrust my life and future to you, and I pray that you will continue to guide and direct me in all things. In Jesus' name, I pray. Amen.