

40 DAYS IN THE DESERT: SEARCHING FOR GRACE AND SALVATION

FORMAT FOR FASTING AND PRAYERS

6:00am.....

The Beginning

In the name of the Father and of the Son and of the Holy Spirit

I. The Angelus

II. Pray Psalm 51 for the forgiveness of our sins

III. Prayer Before Fasting

IV. Offer the intentions for the day into the hands of God.

From 12:00noon

I. The Angelus

II. The Rosary

III. Scripture Reading

IV. Offer intentions for the day

At 3pm

NB: If you wish, you can end your fast here and pray the concluding prayer. If there is strength, you continue to 6pm.

3:00pm.....If you will continue to 6pm

I. Divine Mercy

II. Hymns and worship

III. Offer intentions for the day.

If you won't continue to 6pm

I. Divine Mercy

II. Hymns and worship

III. Offer intentions for the day.

IV. 1 Our Father, 3 Hail Marys 1 Glory be.....

IV. Concluding Prayer

In the name of the Father, and of the Son and of the Holy Spirit

You can then break your fast

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At 6pm.....Conclusion

I. The Angelus

II. Pray for the intentions for the day

III. 1 Our Father, 3 Hail Marys 1 Glory be.....

IV. Concluding Prayer.

In the name of the Father, and of the Son and of the Holy Spirit

You can now break your fast

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VARIOUS PRAYERS NEEDED

1. THE ANGELUS

V. The Angel of the Lord declared unto Mary,

R. And she conceived of the Holy Spirit.

Hail Mary, etc...

V. Behold the handmaid of the Lord.

R. Be it done unto me according to Your Word.

Hail Mary, etc...

V. And the Word was made flesh,

R. And dwelt among us.

Hail Mary, etc...

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech You, O Lord,
Your Grace into our hearts;
that we to whom the incarnation of Christ,
your Son was made known by the message of an angel, and may by His passion
and cross, be brought into the glory of His Resurrection.
Through the same Christ, our Lord.

Amen.

2. PSALM 51.....FORGIVENESS OF SINS

Have mercy on me, God, in your kindness. In your compassion blot out my offense. O wash me more and more from my guilt and cleanse me from my sin. My offenses truly I know them; my sin is always before me. Against you, you alone, have I sinned; what is evil in your sight I have done. That you may be justified when you give sentence and be without reproach when you judge. O see, in guilt was I born, a sinner was I conceived. Indeed you love truth in the heart; then in the secret of my heart teach me wisdom. O purify me, then I shall be clean; O wash me, I shall be whiter than snow. Make me hear rejoicing and gladness, that the bones you have crushed may revive. From my sins turn away your face and blot out all my guilt. A pure heart create for me, O God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy spirit. Give me again the joy of your help; with a spirit of fervor sustain me, that I may teach transgressors your ways and sinners may return to you. O rescue me, God, my helper, and my tongue shall ring out your goodness. O Lord, open my lips and my mouth shall declare your praise. For in sacrifice you take no delight, burnt offering from me you would refuse; my sacrifice, a contrite spirit. A humbled, contrite heart you will not spurn. In your goodness, show favor to Zion: rebuild the walls of Jerusalem. Then you will be pleased with lawful sacrifice, holocausts offered on your altar.

3. PRAYER BEFORE FASTING

I thank you Lord Jesus for giving me another opportunity to begin another moment of fasting and prayers. I praise you Jesus for directing me to embark on this fasting exercise.

I acknowledge my weaknesses as I embark on this journey. I pray for the strength to begin and complete this fasting successfully.

My Heavenly Father, grant me the grace to abstain from food and for my fellow youth to cut down on their intake of food and to avoid temptations during our fasting.

Father, help me not to miss my blessings in this fast and help me not to pray and fast in vain. Every power prepared to deny me of my benefits of this fast and my testimonies to be scattered in Jesus' name.

May every power that is working hard to discourage me in partaking in this fast, be destroyed in the name of Jesus.

I pray to receive fresh anointing and courage to start and finish this fast in the name of Jesus.

Satan, you cannot defile my mouth with food and water this time. I am heavily fortified with the blood of Jesus Christ.

Lord Jesus, I refuse to tempt myself with food and water during this fast. I wholly put my survival on you.

I ask that any part of my body that has been subjected to sin, O Lord, be delivered by Your Mercy.

May all my expectations and those of my youth be realized during this fast in the name of Jesus.

I command that any power that wants to increase my problems because of my fasting, fail in the name of Jesus.

May the blessings of this fast locate me and my youth and all those for whom I will be praying for in the name of Jesus.

May every word of prayer or intention that I utter receive heavenly approval speedily in the name of Jesus.

Lord, as I begin this fast, May I feel your presence always. May my thoughts, words and actions be filled with your presence.

I ask all these through Christ Our Lord, Amen.

In the name of the Father and of the Son and of the Holy Spirit.

4. THE CHAPLET OF THE DIVINE MERCY

How to Recite the Chaplet

The Chaplet of Mercy is recited using ordinary rosary beads of five decades. The Chaplet is preceded by two opening prayers from the Diary of Saint Faustina and followed by a closing prayer.

1. Make the Sign of the Cross

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

2. Opening Prayers

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.*

(Repeat three times)

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!*

3. Our Father

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 our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil, Amen.

4. Hail Mary

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, Mother of God, pray for us sinners, now and at the hour of our death, Amen.

5. The Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

6. The Eternal Father

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

7. On the 10 Small Beads of Each Decade

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

8. Repeat for the remaining decades

Saying the "Eternal Father" (6) on the "Our Father" bead and then 10 "For the sake of His sorrowful Passion" (7) on the following "Hail Mary" beads.

9. Conclude with Holy God (Repeat three times)

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

10. Closing Prayer

Eternal God, in whom mercy is endless and the treasury of compassion — inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

5. CONCLUDING PRAYER AFTER FASTING

Father, in the name of Jesus, You are my Light and my Salvation; whom shall I fear? You are the Strength of my life; of whom shall I be afraid?

Father, You have given me the desires of my heart. You have heard and answered my prayers. To You be the glory! Great things You have done!

I rest in You, awaiting the manifestation of all that I required and inquired of You.

I thank You for giving me Your strength to face this day full of spiritual vitality.

Now, I break this fast as You have directed. I thank You for this food because it is consecrated by Your Word and prayer.

May you bless me for this exercise that I have indulged in. May this blessing extend to my family and friends and all the church of my church for whom I have stood in for today.

May their intentions which I have fasted on, be granted by your gracious love.

I ask that you strengthen the next person who will be fasting and praying for us, the same strength and assistance that you gave me.

I kindly ask you to deepen our faith, hope and love in you.

In Jesus' name I pray, Amen.