

A GUIDE TO
PRAYER &
FASTING FOR

*Marriage
& Families*

Why Fast for Marriage and Families?

We are familiar with fasting as a Lenten practice, but it is in fact a practice that can be taken up at any time. Fasting is a spiritual discipline which draws us closer to God. In fasting we empty ourselves so that we can be filled with God. In doing without, we recognise our need for God, which leads us to prayer, and we become more grateful for what we have. It also allows us to identify with those who are in need, and to genuinely pray for them.

Another aspect of fasting is that we follow in Jesus' footsteps as Jesus offered himself for the benefit of others. We too offer something of ourselves for a purpose or intention, which in the month of October is for the wellbeing of marriage and families. We join our small sacrifice to a greater purpose for the good of our society.

Some Ways to Fast for Marriage and Families

1. Do without a specific food treat

- For the whole month of October, as an individual or as a family, do without a treat that you would normally eat, for example, potato chips or biscuits.
- Pray the weekly prayer provided for marriage and families after each evening meal. Cut out each week's prayer and place it on the fridge for easy access.

2. Do without eating between meals

- For each Friday in October, do without eating between meals.
- Pray the "Prayer to the Holy Family" provided at the evening meal. You may like to print and laminate copies for each member of your family.

3. Make the evening meal a smaller meal

- Once a week in October, eat less at the evening meal, for example, soup and bread.
- At the start of the meal, offer a prayer for marriage and families.

4. Do without the television

- Once a week in October, do without the television for an evening.
- Use this quiet time to pray for the wellbeing of marriage and families.



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