

## COURAGE AND ENCOURAGE LENTEN WEDNESDAY FAST

“This kind cannot be driven out by anything but prayer and fasting.” (Mark 9:29)

### Fast for nine hours each Wednesday

*The particular type of fast is left to individual discretion (e.g. fasting on diluted juices, vegetable or bone broth, water etc. or fasting from things like television, the news, social media, sugar and coffee). The particular hours of fasting are also left to the individual, so long as it is nine hours.*

### Begin fast with this prayer:

Heavenly Father, You are a God of mercy.

As Courage and EnCourage members united in fasting, and with other believers who share our burdens, we beg You to have mercy upon us and those we love. We offer this united fast today for the following intentions:

- Healing of the wounds that lead to same-sex attractions and gender dysphoria, and the impact that these have on the Church and society.
- Healing of ourselves and all of our loved ones, most especially (*here mention names of loved-ones*).

Grant me, and others united in our fasting group, the grace to persevere in these nine hours of fasting. Surround us with angels to help us focus on You especially during this time of sacrifice, and to unite our sacrifice to that of Your Son. We ask all this, in the name of Jesus Christ, by the power of the Holy Spirit, through the intercession of the Immaculate Heart of Mary. Amen.

### Pray Memorare #1, and then one Memorare each hour for a total of nine hours:

*Some members set their cell phones to remember to pray each hour. Calling a friend/relative/spouse each hour to pray the Memorare together is particularly helpful, if that is possible.*

Remember, O most gracious Virgin Mary,  
that never was it known that anyone who fled to thy protection,  
implored thy help, or sought thy intercession was left unaided.

Inspired with this confidence, I fly to thee, O Virgin of virgins, my Mother;  
to thee do I come; before thee I stand, sinful and sorrowful.

O Mother of the Word Incarnate, despise not my petitions,  
but in thy mercy hear and answer me. Amen.

### End fast with this prayer (to be said at end of nine hours):

Heavenly Father, thank you for the grace to persevere through this united time of fasting and prayer. We ask You again, to heal the wounds that lead to same-sex attractions and gender dysphoria, and the impact that these have on the Church and society. We ask You to heal us and all of our loved ones and to especially heal (*here mention loved-ones' names*). Amen.

*If you would like additional details about these Lenten days of united prayer and fasting, or you would like to sign up, so that we know, for encouragement purposes, how many are praying and fasting, please send an email to [praywithcourage@gmail.com](mailto:praywithcourage@gmail.com).*