



LENTEN FAST

REFLECTION AND PRAYER GUIDE



Perpetual Help Through Partnership

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INTRODUCTION

Drawing inspiration from the mission of Jesus Christ, the Redemptorists of Africa & Madagascar strive to live and respond to the mission call powerfully articulated by Jesus: “The Spirit of the Lord has been given to me, for he has anointed me. He has sent me to bring the good news to the poor, to proclaim liberty to captives and to the blind new sight, to set the downtrodden free, to proclaim the Lord’s year of favour (Luke 4:18-19).”

By participating in our 24-hour fast, you stand in solidarity with those in the global south who need our support. In just 1 day, you can take a stand against injustice and directly support our programmes in Africa and Madagascar. Our programmes bring about peace, justice and development in the communities we work alongside.

Once you have completed your fast, we invite you to organise a Solidarity Supper. This will give you an opportunity to give thanks and celebrate your fast. To see some of our Solidarity Supper ideas, visit page 7.



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FASTING GUIDE

Why Fast?

It is part of our faith tradition; it challenges us and teaches us to be thankful for all that we have. Fasting is a spiritual practice and is a way to demonstrate solidarity with those who are hungry, living in poverty or oppressed.

Feeling tired?

Rest. Use this opportunity to write in your journal, have some personal reflection time or pray.

Feeling hungry?

Use this opportunity to reflect and give thanks for what we have. Recognise how lucky you are to not feel this way for extended periods of time. Drink some juice to rehydrate if you are feeling very hungry.



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PRAYER & REFLECTION

The theme of our Fast is aligned with the theme agreed for the next five years at the Redemptorist XXV General Chapter;

"Witnesses of the Redeemer: In Solidarity for Mission in a Wounded World"

The suggested prayers and reflections can be used throughout the fast to give participants time to absorb and reflect on the experience, while keeping in mind the theme.

Migration continues to be one of the most politically polarising issues in our world. By participating in this fast, you are exhibiting solidarity with those who are fleeing war and poverty to seek safety and security for their families. The following prayers and reflections will allow you, the participant to focus your mind on giving thanks and opening your mind and heart to refugees and asylum seekers.



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PRAYER & REFLECTION

"For I was hungry, and you gave me something to eat; I was thirsty and you gave me something to drink; I was a stranger and you invited me in". (Matthew 25:35)

"When a foreigner resides among you in your land, do not mistreat them. The foreigner residing among you must be treated as your native born. Love them as yourself for you were foreigners in Egypt". (Leviticus 19:33 - 34)

"When you reap the harvest of your land, do not reap to the very edges of your field or gather the gleanings of your harvest. Do not go over your vineyard a second time or pick up the grapes that have fallen. Leave them for the poor and the foreigner" (Leviticus 19: 9 - 10)

"He defends the cause of the fatherless and the widow, and loves the foreigner residing among you, giving them food and clothing. And you are to love those who are foreigners, for you yourselves were foreigners in Egypt". (Deuteronomy 10:18-19)



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PRAYER & REFLECTION

He asked Jesus, “And who is my neighbor?”

In reply Jesus said: “A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. So too, a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. The next day he took out two denarii and gave them to the innkeeper. ‘Look after him,’ he said, ‘and when I return, I will reimburse you for any extra expense you may have.’

“Which of these three do you think was a neighbor to the man who fell into the hands of robbers?”

The expert in the law replied, “The one who had mercy on him.”

Jesus told him, “Go and do likewise.” (Luke 10:29-37)



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PRAYER & REFLECTION

PSALM OF HUMANITY FOR CREATION

O Divine Love, O Infinite Beauty, Creator God,
how breathtaking is Your creation.
From the grains of sand beneath our feet
to the vast starry night sky,
as we contemplate Your infinite revelation,
how can our hearts not be transformed?
Humanity's pillage and over-consumption is hurting
Your exquisite creation.
Hasten our steps along the journey to healing;
"take us to the heart of what it is to be human."
Turn our eyes to those already open to Your voice,
already inspired by Your Gracious Spirit to
walk with the poor and live more simply.
We praise You and thank You for Your forgiving Mercy;
for strengthening our spirits to do Your Will.
May the love for our common home grow
so that Your creation will flourish,
so that as one human family,
we have renewed hope with the dawn of each new day.
Praise to You, O Divine Love, O Infinite Beauty, Creator
God.
Amen.



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SOLIDARITY SUPPER

Invite friends, family, your community etc. for a Solidarity Supper to give thanks and celebrate the fast. Here are some ideas for your Solidarity Supper;

100 Mile Meal

The food we eat often comes from countries all across the globe, passing through many hands, travelling long roads, water ways and travelling many air miles. By consuming locally grown foods, 17 times less oil and gas is required than a typical diet. Let us support our local farmers and make a difference by enjoying Solidarity Supper that did not have to travel more than 100 miles from farm to table.

Fair Trade Feast

Often, the food we eat is originally sourced overseas. With unfair trade practices and inequality, small farms in the global south often suffer and must rely on their own subsistence farming to provide for their own families. Why not take a stand against this and organise a Fair Trade Feast in response to the injustice facing our world. Arrange for the meal to be prepared using Fair Trade produce only.



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SOLIDARITY SUPPER

Pot Luck Lunch

Invite community members to prepare a meal with foods from their favourite recipes. Everyone will get to sample each other's favourite recipe's!

Country Theme

Create a meal in solidarity with a country where small scale farmers are struggling. For example, nearly 80% of Mozambican families rely on subsistence farming. Subsistence farming is when one family only grows enough food to feed themselves. There is not usually much harvest to sell or trade, and what surplus there is tends to be stored to last the family until the next harvest.

Organise a meal in solidarity with small scale farmers across the globe to raise awareness about food insecurity and poverty.

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JOURNAL



*africaredemptorists.com •
gerry@africaredemptorists.com • Scala, Castle Road, Blackrock, Cork,
Ireland, T12 YV52 •*

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gerry@africaredemptorists.com • Scala, Castle Road, Blackrock, Cork,
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