



Prayer for Fasting

Blessed is YAHWEH, Eloheinu, KING of the Universe, WHO has blessed us beyond all comprehension, WHO has bestowed upon us HIS boundless compassion, and WHO cared for us faithfully as all who came before. We praise YOU, oh LORD, for leading us thus far, for letting us see life once more this day, and for YOUR promise to love us always for the sake of YOUR Son,. Though we have nothing of value not already YOURS, and though we ourselves are wretched and sinful, let our hearts be brought before YOU, broken and shattered and ready to serve YOUR NAME. May our sacrifice this day be a multiplied many times and made so much more than mere self denial, but moreover turned to forgiveness of sins, deliverance of slaves, redemption for the oppressed, food for the hungry, clothes for the naked, and shelter for the wandering poor. Let this be the fast YOU have chosen and this YOUR acceptable day.

Opening Prayer

Blessed is, YAHWEH, Eloheinu, KING of the Universe, WHO has granted us life and time enough to return to this solemn day of atoning sacrifice, to repent our sins, right our wrongs, and resolve to walk in the way of holiness forever after.



Blessed is YAHWEH, Eloheinu , KING of the Universe, WHO has sanctified us with HIS commandments and sets apart this day of our ransom from the rest. In recognition of that reparation let us kindle the lights of this holy day. (Light candles.)

Reader # 1 - YAHWEH, we thank YOU for YOUR perfection and perfect instruction in the Torah, which YOU gave to us in ancient times to observe and obey and to offer to all nations as the only way of life and blessing. How grateful we are for YOUR governance throughout our lives, for leading and guiding us, by YOUR good Law, and for providing grace and mercy when we forget YOU, when we fall from our high place in YOUR sight, when we fail to keep YOUR Way.

All: (Recite the Sh'ma & sounds the Shofar)

Reader # 2 - YAHWEH, most merciful Elohim, we Confess that we have sinned against YOU in thought, word, and deed, by what we have done and what we have left undone. We haven't loved YOU with our whole heart. We have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of YOUR Son, Yahshua, our Messiah, Have mercy on us and forgive us, that we may delight in YOUR will and walk in YOUR ways to the glory of YOUR NAME. Amen.

Reader # 3 - Oh, YAHWEH, we have not listened to YOUR Voice and so have not heard YOUR Instructions. We have not regarded YOU as Elohim, neither have we respected YOUR Oneness and uniqueness. Forgetting to bless Your NAME, we have forsaken also, our obligation to YOUR MAJESTY to usher in YOUR kingdom in our lives and in this world. How often have we acted against YOUR interests within our hearts, our souls, and our might. YOUR words have not been upon our hearts. We have not taught them diligently on to our children. We have not spoken of them when we sit in our homes and walking on the road, when lying down and rising. We have neither bound them as commands on our hands, nor have we made them for signs between our eyes. And they do not reside on the door posts of our dwellings and upon our gates.

Reader # 4 - For having other elohim besides YOU...

All: Oh, YAHWEH, please forgive us.

Reader # 5 - For making graven idols in the forms of created things of heaven and earth...

All: Oh, YAHWEH, please forgive us.

Reader # 6 - For taking Your NAME in vain...

All: Oh, YAHWEH, please forgive us.

Reader # 7 - For not remembering YOUR Sabbath to keep it holy...

All: Oh, YAHWEH, please forgive us.

Reader # 8 - For not honoring our parents...

All: Oh, YAHWEH, please forgive us.



Reader # 9 - For committing murder, if only in our hearts...

All: Oh, YAHWEH, please forgive us.

Reader # 10 - For committing adultery, if only in our hearts...

All: Oh, YAHWEH, please forgive us.

Reader # 11 - For stealing, if only in our hearts...

All: Oh, YAHWEH, please forgive us.

Reader # 12 - For bearing false witness against our neighbors...

All: Oh, YAHWEH, please forgive us.

Reader # 13 - For coveting what belongs to our neighbors...

All: Oh, YAHWEH, please forgive us.

Reader # 14 - YAHWEH, Almighty Elohim, to YOU all hearts are open, all desires known, and from you no secrets our hid. Cleanse the thoughts and intentions of our hearts by the inspiration of your Holy Spirit, that we may perfectly love YOU and worthily magnify YOUR holy NAME, through our King Messiah, Yahshua. amen.

All: (Recite the Lord's Prayer)

Reader #15 - indeed, all is yours, oh YAHWEH, Eloheinu and our FATHER, including our very souls. Save us from our wayward nature, bring us back once more to your embrace, and strengthen us to walk before YOU always in fear and faith, keeping YOUR commandments and teaching YOUR statutes to all those we encounter.

Reader # 16 -Through YOUR atoning sacrifice in the death of YOUR Son, Yahshua Messiah, our scapegoat and slaughtered offering, YOU took our sins away and put to death, YOUR Son in our stead. Thank you, oh YAHWEH. We bless Your NAME for making redemption and for bringing it to pass through Messiah. May we ever live in honor of that offering obeying YOUR Instructions for our good and for the good of all the watching world.

Reader #17 - Oh YAH, KING ETERNAL, WHOSE Light divides the day from the night and turns the shadow of death into the morning. Drive far from us all wrong desires, incline our hearts to keep YOUR Torah, and guide our feet in the way of shalom, that having done YOUR will with joy by day, we may also with joy give you thanks by night. Through Yahshua, King Messiah. Amein.

Readings : Jonah

