



Family Fast Day prayer

God of abundance,
you entrust to our care
your gift of creation,
our common home.
Open our ears to hear
the cry of the earth
and the cry of the poor.

God of justice,
you show us how to live in
gratitude and solidarity.
Open our mouths to speak out,
challenging greed and inequality,
and standing up for all among us
in desperate need of food.

God of hope,
you share with us your vision
of a world renewed.
Open our hearts to compassion.
As we hold before you
the people of East Africa,
may we reach out in love.

Amen.



Children's Family Fast Day prayer

God of all,

**Open our eyes
to see the needs
of our brothers and sisters.**

**Open our ears
to hear your words
of hope and compassion.**

**Open our mouths
to speak up
when people are suffering.**

**Open our hearts,
to reach out in love.**

Amen.

Charity no 1160384 and a company limited by guarantee no 09387398
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