

What is it?

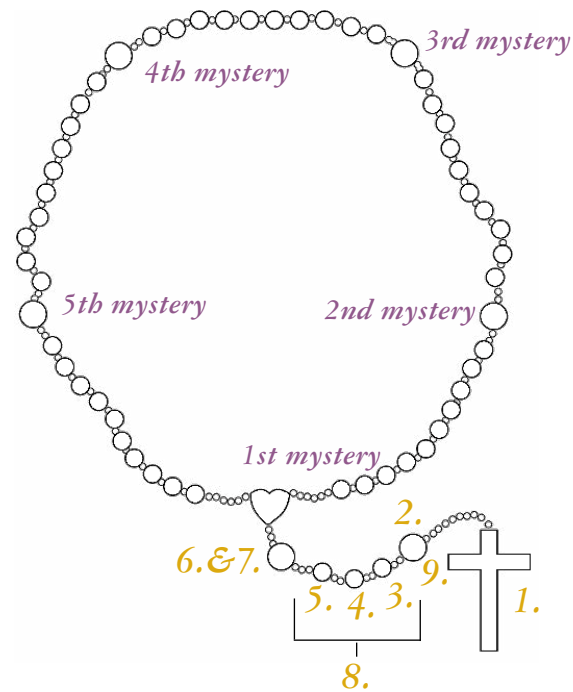
The Chaplet of the Holy Fast was given to Father Francisco J. Anzoátegui (Father Paco) by Our Lady in a dream. He was directed to give it to Andy LaVallee to share with the world. Andy recalls what Fr. Paco said about it,

“What I am about to give you is very scriptural based and can be shared with all in the Live the Fast Community. This prayer is to be prayed on fast days to strengthen all those who fast. It was given to me in a dream from Our Lady and that is why it took me 3.5 months to get this to you. I wanted to pray and meditate on each word so I did not miss anything.”

The Chaplet of the Holy Fast, is a prayer that while we are weak and try to fast Jesus through prayer will give us the strength to fast. It features Saint Michael and his prayer to cast out the evil spirits who destroy our lives. It also has a meditation on Saint John the Baptist fasting and praying for 40 days in the desert to prepare for the coming of Jesus. We are so busy in our own lives we seldom prepare for anything, not even something as important as our encounter with Jesus.

Our Lady also asked a rosary to be designed for the chaplet. The crucifix is to be silver in color, and have a Saint Benedict Medal for protection. Then, purple beads for the Hail Mary beads and yellow or wheat color for the Our Father beads.

This booklet features prayers for *The Chaplet of the Holy Fast*, as well as for the rosary.



How to Pray the Chaplet

1. Start at the crucifix with the *Sign of the Cross*. (The power of the Cross enables us to unite our prayers to Jesus as He offers the ultimate sacrifice of love for humanity.)

2. First bead: The Apostles' Creed (We confess the faith in which we believe.)

3. Our Father....

4. Hail Mary....

5. Glory be....

6. Saint Michael the Archangel prayer. (Prayer to Saint Michael will enable us to fight all distractions as we try to pray, and all discouragement as we try to fast.)

First Mystery: Saint Joachim and Saint Anne fasted to conceive a child. (Briefly meditate on how the parents of our Blessed Mother fasted to be chosen for such a great privilege. Fasting is very pleasing in the eyes of God.) Then, on each of the following ten beads repeat the phrase:

“Not by bread alone does man live, but by every word that comes from the mouth of God.”

Second Mystery: Prophetess Anna fasted and prayed day and night in the temple. (Briefly meditate on the insights of prayer that we receive when we fast. We will grow in wisdom and knowledge.) Ten times: *“Not by bread alone....”*

Third Mystery: John the Baptist fasted and prayed to prepare the way for the Messiah. (Briefly meditate how John the Baptist, the herald of our Savior, fasted and prayed in the desert and converted many souls to welcome our Savior. Even the hardest of hearts will convert through these two powerful means.) Ten times: *“Not by bread alone....”*

Fourth Mystery: Jesus fasted for forty days and forty nights in the desert. (Briefly consider how our Lord and Savior fasted and prayed before He began his public ministry. He defeated temptation through fasting and began his ministry with great anointing.) Ten times: *“Not by bread alone....”*

Fifth Mystery: Jesus teaches the value of fasting and prayer to his disciples. (Briefly meditate how Jesus teaches his disciples to pray and fast so that healings and miracles may happen through their intercession. Jesus continues to teach us today how to fast and pray.) Ten times: *“Not by bread alone....”*

7. Returning to the last beads, say on the first bead:

“Eternal Father, not my will, but yours be done! I surrender to all that you want from me!”

8. On the next three beads say: *“I am the bread of life. He who eats my Body and drinks my Blood remains in me and I in him.”* (Three times)

9. On the last bead you say, *“Hail Holy Queen, Mother of Mercy...”* To follow the advice that our Blessed Mother gave the first disciples at Cana in Galilee: “Do whatever He tells you!”

Make the Sign of the Cross again, and kiss the crucifix.

Purple beads: The color of penance.

Gold beads (or Yellow): The color of wheat and bread.
Silver Crucifix with the Saint Benedict medal:
Penance is not a burden; it leads to a more joyful, fuller life in Christ.



Our Lady's Promises to Those Who Pray the Rosary

1. The Rosary shall be a *powerful armor against hell*; it will *destroy vice, decrease sin*, and *defeat heresies*.
2. The soul which recommends itself to me by the recitation of the Rosary *shall not perish*.
3. Whoever shall recite the Rosary devoutly, applying himself to the consideration of its sacred mysteries shall *never be conquered by misfortune*. God will not chastise him in His justice, he shall not perish by an unprovided death; if he be just he *shall remain in the grace of God*, and become *worthy of eternal life*.
4. You shall *obtain all you ask* of me *by the recitation of the Rosary*.
5. All *who recite the Rosary* are my sons and daughters, and brothers and sisters of my only Son Jesus Christ.

Our Lady revealed to St. Dominic and Blessed Alan de la Roche additional benefits for those who devoutly pray the Rosary. This apparition was in 1613 AD.

Mysteries of the Rosary

Glorious Mysteries (Sunday & Wednesday)

1. The Resurrection of Jesus
2. The Ascension of Jesus
3. The Descent of the Holy Spirit
4. The Assumption of Mary
5. The Coronation of Mary

Sorrowful Mysteries (Tuesday & Friday)

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning of Thorns
4. The Carrying of the Cross
5. The Crucifixion of Jesus

Joyful Mysteries (Saturday & Monday)

1. The Annunciation
2. The Visitation
3. The Nativity of Jesus
4. The Presentation of Jesus
5. The Finding of Jesus in the Temple

Luminous Mysteries (Thursday)

1. The Baptism in the Jordan
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist

“Pray the rosary everyday in order to obtain peace for the world.”

—Our Lady of Fatima
(May 13, 1917)

About Live the Fast

Live the Fast is a Roman Catholic Apostolate that is centered on renewing the practice of prayer and fasting by providing nutritious fasting breads, educational resources on prayer and fasting and a prayer community that will inspire one to live the fast.

In light of the Trinitarian components of prayer, fasting and almsgiving, included in every fasting kit purchase is a donation to Mary's Meals to feed chronically hungry children throughout the world.

Live the Fast was launched September 26, 2012 with Holy Mass and the installation of weekly adoration on Wednesdays and Fridays for the purpose of prayer and fasting at their local parish.

The Spiritual Director of Live the Fast is Father Michael Nolan. Guided by the Blessed Mother, the Live the Fast team is dedicated to prayer, and often times the team finds the more that they pray the more work gets done.

For more information, visit:

www.livethefast.org

LIVE the FAST

The Chaplet of the Holy Fast

