



Catholic Diocese of Memphis

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July 1, 2024

Prayer and Fasting

- Governor Bill Lee has signed a Resolution (HJR 803) asking all Tennesseans who are physically able and spiritually inclined to dedicate the month of July of this year as a time of prayer and fasting--that the ills confronting the people of the state be assuaged.
- Remember this Word: A father, asking Jesus to assist him and his tortured son, said to Jesus *I do believe Lord. Help my unbelief* (Mark 9:24). The incident recorded in the Gospel of Mark describes the healing of a boy suffering through the spirit of a demon (Mark 9:14-29). The boy was brought to the Lord Jesus, and the Lord cast out the demon by his command. When his disciples asked *why could we not drive out the demon?* Jesus said, “This kind can only come out through prayer” (Mark 9:29).
- Prayer and fasting are essential spiritual disciplines. Throughout the life of Christ’s Church, the disciplines of prayer and fasting have been practiced by the saints of God and all who have come to know the Lord Jesus, as He Himself commanded both. Let us follow the Lord in this disciplined life of faith, as He is our Way and our Truth...the Life we live (John 14:6).