

Creator and source of all life,
It is not my intent to be apart from my people and our tradition.
My current state makes it unsuitable for me to keep the traditional fast.

Dear God, I turn to you now in sincerity and openness.
Help me in the coming year to guard my health with wise choices.
Help me to protect my body from harm.

I thank you for the breath that is in me.
May I be blessed with the opportunity to help those who suffer.
Grant me the ability to do THIS mitzvah with love and devotion.
And may my eating, then, be as a fast.