

Before Yom Kippur for One who Cannot Fast

Ribbono shel Olam / Master of the Universe;
Creator of All, Source of All Life,
Who Knows What is Deep in Human Hearts,
Who Nurtures Every Living Being:

As You know, dear God,
Yom Kippur is here,
and I am not able to keep the traditional fast –
I cannot abstain totally from eating.

On this Day of Atonement, this Sabbath of Sabbaths,
this year and every year,

it is so central to join the people of Israel
in abstaining from food and drink for one day
and to focus on correcting our misdeeds,

on knowing our mortality;
on reaching for a life of Torah, *mitzvot*, and lovingkindness.

You know, dear God, that it is not my intent

to be apart from our people and our tradition.
My current state of health makes it unsuitable for me to fast.

So, dear God, I turn to You now in sincerity and openness:

Help me in the coming year to do my best in guarding my
health.

I thank You for the breath that is in me

May my eating be as a fast;

May it be dedicated to You, to *T'shuvah* – renewal and return.