

# **Wednesday Fast Story in English – Puja Method, Rules, Mantras and Significance**

Wednesday is considered an important day for the worship of Lord Ganesha and the planet Mercury, known as Budh Graha. According to devotional tradition, the Wednesday fast is observed for wisdom, communication, education, business, decision-making and relief from obstacles.

On this day, devotees worship Lord Ganesha, offer green items, read the Wednesday fast story and observe a fast or eat Sattvic food according to their health and ability.

**The deeper purpose of the Wednesday fast is not only to fulfil desires, but also to develop clarity of thought, restraint in speech and honesty in daily conduct.**

## **Religious Significance of the Wednesday Fast**

In Hindu tradition, Wednesday is associated with Budh Graha. In astrology, Mercury is considered the planet connected with intelligence, communication, writing, mathematics, education, business and logical thinking.

Lord Ganesha is worshipped as the deity of wisdom, good judgement and auspicious beginnings. For this reason, worshipping Ganesha on Wednesday is also considered meaningful.

The Wednesday fast is generally observed with the following intentions:

- To improve concentration and learning

- To develop clarity and restraint in speech
- To make thoughtful business decisions
- To reduce misunderstandings and communication problems
- To control pride and impulsive behaviour
- To seek the blessings and guidance of Lord Ganesha

## Wednesday Fast Story in English

The following story is commonly associated with the Wednesday fast. Its details may differ slightly according to regional and family traditions.

Long ago, a merchant named Madhusudan lived in a town. He was hardworking, honest and devoted to his family. His wife had gone to stay at her parents' home for a few days.

After some time, Madhusudan went to his in-laws' house to bring her back. His wife's family welcomed him warmly. After staying there for a few days, he expressed his desire to return home with his wife.

That day was Wednesday. His parents-in-law advised him:

**"Today is Wednesday. It would be better to begin your journey tomorrow."**

Madhusudan did not take their advice seriously. He replied:

**"What difference can a day make? I must return today."**

He seated his wife in the cart, and they began their journey home.

After travelling some distance, his wife became thirsty. Madhusudan asked her to rest under a tree while he went to a nearby well to bring water.

When he returned, he was shocked by what he saw. Another man who looked exactly like him was sitting beside his wife.

The stranger had the same face, clothing and manner of speaking. Madhusudan asked him:

**“Who are you, and why are you sitting beside my wife?”**

The man replied:

**“She is my wife. I am taking her home from her parents’ house. Why are you interfering with us?”**

An argument began between the two men. Madhusudan’s wife also became confused because she could not identify her real husband.

As the dispute grew, the local soldiers took both men before the king. The king questioned them, but they appeared and spoke so similarly that even he could not decide who the real husband was.

Madhusudan became deeply worried. He remembered the advice given by his parents-in-law. He silently prayed to Lord Ganesha and Budh Deva and admitted his mistake.

He prayed humbly:

**“O Lord, I ignored wise advice because of pride. Please forgive my mistake and show me a way out of this difficulty.”**

As soon as he completed his prayer, the second man disappeared. Everyone present understood who the real Madhusudan was.

A divine voice was then heard:

**“One should not mock a tradition without understanding its meaning. Your trouble was not caused only by the day, but by pride, haste and your refusal to consider sensible advice.”**

Madhusudan asked Lord Ganesha and Budh Deva for forgiveness. He promised to think carefully before making decisions, listen respectfully to elders and worship with devotion on

Wednesdays .

After returning home, he began observing the Wednesday fast regularly. His behaviour became calmer, his decisions became clearer and misunderstandings within his family gradually reduced.

## Lessons from the Wednesday Fast Story

The story does not simply create fear about a particular day. It highlights common weaknesses in human behaviour.

- **Avoid pride:** Do not assume that only your opinion is correct.
- **Listen to wise advice:** Consider the guidance of experienced people calmly.
- **Avoid haste:** Important decisions should not be made impulsively.
- **Accept mistakes:** Admitting a mistake opens the path to improvement.
- **Control speech:** Use wisdom instead of harsh words during disagreements.
- **Combine prayer with action:** Faith should be supported by responsible conduct.

## How to Observe the Wednesday Fast

The Wednesday fast can be observed at home through a simple Puja.

### 1. Morning Preparation

Bathe in the morning and wear clean clothes. Green clothing or a green handkerchief may be used if desired, but it is not compulsory.

## 2. Prepare the Worship Area

Clean the home altar and place an idol or picture of Lord Ganesha. If a separate image of Budh Deva is unavailable, the fast may still be observed by worshipping Ganesha.

## 3. Light a Lamp

Light a ghee or oil lamp and meditate upon Lord Ganesha.

**Vakratunda Mahakaya Suryakoti Samaprabha.**

**Nirvighnam Kuru Me Deva Sarva-Karyeshu Sarvada.**

## 4. Take the Vrat Sankalp

Hold water, Akshata and a flower in your hand and say:

**I observe this Wednesday fast and worship with devotion for purity of intellect, restraint in speech, family welfare and the ability to make wise decisions.**

## 5. Offer Puja Items

According to availability, offer the following items:

- Turmeric and Kumkum
- Akshata
- Durva grass
- Green or other fresh flowers
- Incense and a lamp
- Green gram, fruit or jaggery
- Modak or Laddoo

## 6. Chant the Mantras

Lord Ganesha's mantra:

**Om Gam Ganapataye Namah.**

This mantra may be chanted 11, 21 or 108 times.

A simple mantra for Budh Graha:

**Om Bum Budhaya Namah.**

It may be chanted 11 or 108 times according to one's devotion and available time.

## **7. Read the Wednesday Fast Story**

After the Puja, read the Wednesday fast story or listen to it together with family members.

## **8. Perform Aarti and Prayer**

Perform Lord Ganesha's Aarti and pray for wisdom, honesty, self-control and good conduct.

## **What Can Be Eaten During the Wednesday Fast?**

The fasting diet may differ according to health and family tradition. Some devotees observe a complete fast, while others eat fruit or one Sattvic meal.

Commonly chosen foods include:

- Fresh fruit
- Milk or curd
- Sabudana
- Potatoes
- Peanuts
- Amaranth
- Samak rice
- Sattvic dishes made with green gram, when allowed by family tradition

Choose food according to your health and household practice.

**People with diabetes, pregnancy, long-term illness or regular**

medication should seek medical advice before observing a strict fast.

## **What Should Be Avoided During the Wednesday Fast?**

- Lying
- Harsh or insulting speech
- Unnecessary arguments
- Dishonest business practices
- Disrespecting or wasting food
- Fasting in a way that harms health
- Making decisions based only on fear or superstition

The real purpose of the fast is not limited to controlling food. It also involves purity in thoughts, speech and actions.

## **For How Many Wednesdays Should the Fast Be Observed?**

According to popular tradition, the fast may be observed for 7, 11 or 21 Wednesdays. Some devotees continue it for a longer period according to their personal Sankalp.

No single number is compulsory for everyone. A devotee should try to complete the number of Wednesdays chosen at the beginning.

When one Wednesday is missed due to unavoidable circumstances, there is no need to panic. The fast may be continued from the following Wednesday.

## **Wednesday Fast Udyapan**

After completing the chosen number of Wednesdays, a simple Udyapan may be performed.

1. Perform the regular worship of Lord Ganesha.
2. Offer Durva, flowers and Naivedya.
3. Chant the Ganesha and Budh mantras.
4. Read the Wednesday fast story.
5. Perform Aarti and a forgiveness prayer.
6. Donate food, green gram, clothes or educational material to someone in need.
7. Distribute Prasad among family members and guests.

The Udyapan does not need to be expensive or elaborate. It should be performed with gratitude and according to one's ability.

## **What Can Be Donated on Wednesday?**

According to tradition, devotees may donate:

- Green gram
- Green vegetables
- Fresh fruit
- Notebooks, books or writing material
- Educational support for students
- Food for people in need

Donation should be made humbly and according to genuine need, not for public display.

## **Main Mantras for the Wednesday Fast**

### **Ganesh Moola Mantra**

**Om Gam Ganapataye Namah.**

### **Budh Graha Mantra**

**Om Bum Budhaya Namah.**

## **Budh Gayatri Mantra**

**Om Saumya-Rupaya Vidmahe Vaneshaya Dhimahi.  
Tanno Budhah Prachodayat.**

## **Ganesh Gayatri Mantra**

**Om Ekadantaya Vidmahe Vakratundaya Dhimahi.  
Tanno Dantih Prachodayat.**

## **Important Points to Remember**

- Observe the fast according to your health and ability.
- Wearing green clothes or eating green food alone does not complete the fast.
- Maintain restraint in speech and behaviour throughout the day.
- Students should combine prayer with regular study.
- Businesspeople should maintain honest dealings and clear records.
- Do not depend only on fasting for astrological concerns; consult a qualified professional when necessary.
- Do not become anxious over minor mistakes in the Puja.

## **Frequently Asked Questions**

### **1. For whom is the Wednesday fast observed?**

It is observed in honour of Lord Ganesha and Budh Graha.

### **2. What are the main Wednesday fast mantras?**

“Om Gam Ganapataye Namah” and “Om Bum Budhaya Namah.”

### **3. How many Wednesdays should the fast be observed?**

Traditionally, it may be observed for 7, 11 or 21 Wednesdays.

### **4. Is a complete fast compulsory?**

No. Fruit or one Sattvic meal may be taken according to health.

### **5. What should be offered during the Puja?**

Durva, flowers, green gram, fruit, Modak or Laddoo.

### **6. When should the story be read?**

After the Puja, either before or after Aarti.

### **7. Can women observe the Wednesday fast?**

Yes. Both women and men may observe it.

### **8. What should be done if one Wednesday is missed?**

Continue the fast from the following Wednesday.

### **9. Is Udyapan necessary?**

A simple Udyapan with Puja, donation and Prasad may be performed after completing the Sankalp.

### **10. Should a person fast when unwell?**

A strict fast should be avoided. Puja, mantra chanting and Sattvic food may be chosen instead.

# Conclusion

The Wednesday fast story teaches respect for wise advice, control over impulsive behaviour, acceptance of mistakes and restraint in speech.

Worshipping Lord Ganesha and Budh Deva is not only about completing rituals. It is equally important to develop clear thinking, honest conduct, regular learning and respectful communication.

O Lord Ganesha and Budh Deva, grant clarity to our minds, restraint to our speech and the right direction to our actions.

Om Gam Ganapataye Namah.

Om Bum Budhaya Namah.

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