

## FASTING

**Neh 9:1-2** — Now on the twenty-fourth day of this month the children of Israel were assembled with *fasting*, in sackcloth, and with dust on their heads. Then those of Israelite lineage separated themselves from all foreigners; and they stood and confessed their sins and the iniquities of their fathers.

**Neh 1:3-4** — And they said to me, “The survivors who are left from the captivity in the province are there in great distress and reproach. The wall of Jerusalem is also broken down, and its gates are burned with fire.” So it was, when I heard these words, that I sat down and wept, and mourned for many days; I was *fasting* and praying before the God of heaven.

**2 Chron 20:3** — And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a *fast* throughout all Judah.

**1 Kings 21:27-29** — So it was, when Ahab heard those words, that he tore his clothes and put sackcloth on his body, and *fasted* and lay in sackcloth, and went about mourning. And the word of the Lord came to Elijah the Tishbite, saying, “See how Ahab has humbled himself before Me? Because he has humbled himself before Me, I will not bring the calamity in his days; but in the days of his son I will bring the calamity on his house.”

**Ezra 8:21-23** — Then I proclaimed a *fast* there at the river of Ahava, that we might humble ourselves before our God, *to seek from Him the right way* for us and our little ones and all our possessions. For I was ashamed to request of the king an escort of soldiers and horsemen to help us against the enemy on the road, because we had spoken to the king, saying, “The hand of our God is upon all those for good

who seek Him, but His power and His wrath are against all those who forsake Him.” So we *fasted* and entreated our God for this, and He answered our prayer.

**Dan 9:3** — Then I set my face toward the Lord God to make request by prayer and supplications, with *fasting*, sackcloth, and ashes.

**Acts 14:23** — So when they [Paul and Barnabas] had appointed elders in every church, and prayed with *fasting*, they commended them to the Lord in whom they had believed.

**Acts 13:1-3** — Now in the church that was at Antioch there were certain prophets and teachers... As they ministered to the Lord and *fasted*, the Holy Spirit said, “Now separate to Me Barnabas and Saul for the work to which I have called them.” Then having *fasted* and prayed, and laid hands on them, they sent them away.

**Acts 10:30-31** — And Cornelius said, “Four days ago I was *fasting* until this hour; and at the ninth hour I prayed in my house, and behold, a man stood before me in bright clothing, and said, ‘Cornelius, your prayer has been heard, and your alms are remembered in the sight of God. Send therefore to Joppa and call Simon here, whose surname is Peter....’”

**Mat 17:19-21** — Then the disciples came to Jesus privately and said, “Why could we not cast him [the demon] out?” ...“this kind does not go out except by prayer and *fasting*.”

**Mat 6:16-18** — “Moreover, when you *fast*, do not be like the hypocrites (or pretenders), with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But

you, *when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.*

**Mat 9:14-15** — Then the disciples of John came to Him, saying, “Why do we and the Pharisees fast often, but Your disciples do not fast?” And Jesus said to them, “Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then *they will fast.*”

**Mat 4:1-2** — Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And when He had *fasted forty days and forty nights*, afterward He was hungry.

**Zech 7:4-5** — Then the word of the Lord of hosts came to me, saying, “Say to all the people of the land, and to the priests: ‘When you *fasted* and mourned in the fifth and seventh months during those seventy years, did you really *fast* for Me—for Me?’”

**Isa 58:3-11** — “‘Why have we *fasted,*’ they say, ‘and You have not seen? Why have we afflicted our souls, and You take no notice?’ In fact, in the day of your *fast* you find pleasure, and exploit all your laborers. Indeed you *fast* for strife and debate, and to strike with the fist of wickedness. You will not fast as you do this day. To make your voice heard on high. Is it a fast that I have chosen, a day for a man to afflict his soul? Is it to bow down his head like a bulrush, and to spread out sackcloth and ashes? Would you call this a fast, and an acceptable day to the Lord? *Is this not the fast that I have chosen: To loose the bonds of wickedness. To undo the heavy burdens, to let the oppressed go free, and that you break every yoke? Is it not to share your bread with the hungry, and that you bring to your house the*

*poor who are cast out. When you see the naked, that you cover him, and not hide yourself from your own flesh? Then your light shall break forth like the morning, your healing shall spring forth speedily, and your righteousness shall go before you. The glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer. You shall cry, and He will say, 'Here I am.' If you take away the yoke from your midst, the pointing of the finger, and speaking wickedness. If you extend your soul to the hungry and satisfy the afflicted soul, then your light shall dawn in the darkness, and your darkness shall be as the noonday. The Lord will guide you continually, and satisfy your soul in drought, and strengthen your bones. You shall be like a watered garden, and like a spring of water whose waters do not fail."*