

## **Old Testament**

Exodus 24:18 Moses fasted 40 days from food and water at the time he received the 10 Commandments (Deut. 9:9).

Exodus 34:28 Moses again fasted 40 days praying that the people would not be destroyed. During this time he received the second set of the 10 Commandments (Deut. 9:18, 25).

Lev. 16:29, 31 The Day of Atonement was a day to "deny yourselves" (Num. 29:7; see also Acts 27:9).

Judges 20:24-28 After being defeated the Israelites inquired of God with fasting to determine if they should fight Benjamin again. Their fasting included weeping and inquiring of the Lord. The victory came in the battle immediately after the fast.

1 Sam. 7:2-6 The Israelites confessed sin, mourned and repented of idols during a fast. The Lord gave them victory over the Philistines. After this the Ebenezer was raised.

1 Sam. 14:24 Saul forbid his troops to eat.

1 Sam. 31:15 People of Jabesh Gilead fasted seven days after burying King Saul's body. (1 Chron. 10:12)

2 Sam. 1:12 David and all his men fasted for Saul and Jonathan. They tore their clothes, mourned and wept till evening.

2 Sam. 12:1-23 David fasted over the fate of his newborn child for seven days.

1 Kings 19:8 Elijah fasted 40 days while traveling to Mt. Horeb to meet with God.

1 Kings 21:4 Ahab refused to eat because he was envious of Nabath's vineyard.

1 Kings 21:1-14 Jezebel proclaimed a fast in an effort to kill Naboth and take his vineyard.

1 Kings 21:27-29 Ahab fasted and repented. He tore his clothes, put on sackcloth and humbled himself. God did not bring promised destruction upon him.

2 Chron. 20:1-12 Jehoshaphat proclaimed a fast when he was helpless against those about to make war. His enemies were defeated.

Ezra 8:15-23 Ezra proclaimed a fast "to humble ourselves before God and ask him for a safe journey ...." Ezra recognized that the prayer was answered.

Nehemiah 1:4 Nehemiah fasted several days after hearing the report on the wall of Jerusalem.

Nehemiah 9: 1-2 After hearing Ezra read the law the people fasted, put on sackcloth with dust on their heads confessed the sins of their fathers and worshiped.

Esther 4: 1-17 All the Jews who heard the decree that they were to be destroyed fasted with sackcloth and ashes (vs. 3). Esther asked Mordeai to gather all the Jews in Susa to join her and her maids and fast three days from food and drink before she approached the king. (Esther 9: 31)

Psalms 35: 13 David humbled himself with fasting for those who were ill.

Psalms 69: 10 David speaks of the abuse he endures while fasting.

Psalms 109: 24 David describes his physical weakness from fasting.

Isaiah 58: 1-14 The Israelites wondered why their fasts were not moving God. God answered it was because of their sin.

Jeremiah 14: 11-12 God will not listen to the Jews because of their sin even if they fast.

Jeremiah 36: 1-9 Baruch read Jeremiah's words to the Israelites on a day of fasting.

Daniel 9: 1-19 Daniel was convicted by reading Jeremiah and petitioned God with fastings. Wearing sackcloth and ashes he confessed sin.

Joel 1: 14, 2: 12, 15 Joel urges the people to fast with sackcloth, mourning and weeping that disaster might not come upon them.

Jonah 3: 1-10 Nineveh repented and fasted from food and drink wearing sackcloth and called urgently upon God.

Zech. 7: 1-14; 8: 19 The people of Bethel inquired about fasting. God told them they had not been fasting for him but for themselves.

### **New Testament**

Matthew 4: 1-2 Jesus fasted 40 days and nights in preparation for his ministry.

Matthew 6: 16-18 When fasting is done for the Lord and not for people to notice God promises rewards.

Matthew 9: 14-15 Fasting will come when Jesus is gone. (Mark 2: 18-20; Luke 5: 33-35).

Luke 2: 37 Anna never left the temple where she worshiped, fasted and prayed.

Luke 18:12 The Pharisee in a parable reflected the Pharisee's tradition of fasting twice a week.

Acts 9:9 Saul did not eat or drink anything for three days after seeing a vision of the resurrected Jesus who's followers he had been trying to destroy.

Acts 13:1-3 Church leaders in Antioch fasted before and after God's call for Paul and Barnabas to begin their journeys.

Acts 14:23 Paul and Barnabas appointed elders with prayer and fasting.

Acts 27:9 The Day of Atonement is called The Fast.

Acts 27:21, 33-35 Sailors in a storm did not eat for 14 days.