

Bible Verses
Oh
FASTING



Exodus 34:28

"Moses was there with the Lord forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant—the Ten Commandments."

Leviticus 23:27

"The tenth day of this seventh month is the Day of Atonement. Hold a sacred assembly and deny yourselves,^[a] and present a food offering to the Lord."

Deuteronomy 9:9

"When I went up on the mountain to receive the tablets of stone, the tablets of the covenant that the Lord had made with you, I stayed on the mountain forty days and forty nights; I ate no bread and drank no water."

Judges 20:26

"Then all the Israelites, the whole army, went up to Bethel, and there they sat weeping before the Lord. They fasted that day until evening and presented burnt offerings and fellowship offerings to the Lord."

1 Samuel 1:7

"This went on year after year. Whenever Hannah went up to the house of the Lord, her rival provoked her till she wept and would not eat."

1 Samuel 14:24

"Now the Israelites were in distress that day, because Saul had bound the people under an oath, saying, "Cursed be anyone who eats food before evening comes, before I have avenged myself on my enemies!" So none of the troops tasted food."

1 Samuel 20:34

"Jonathan got up from the table in fierce anger; on that second day of the feast he did not eat, because he was grieved at his father's shameful treatment of David."

1 Samuel 28:20

"Immediately Saul fell full length on the ground, filled with fear because of Samuel's words. His strength was gone, for he had eaten nothing all that day and all that night."

1 Samuel 31:

"Then they took their bones and buried them under a tamarisk tree at Jabesh, and they fasted seven days."

2 Samuel 1:12

"They mourned and wept and fasted till evening for Saul and his son Jonathan, and for the army of the Lord and for the nation of Israel, because they had fallen by the sword."

2 Samuel 3:35

"Then they all came and urged David to eat something while it was still day; but David took an oath, saying, 'May God deal with me, be it ever so severely, if I taste bread or anything else before the sun sets!'"

2 Samuel 12:16

"David pleaded with God for the child. He fasted and spent the nights lying in sackcloth^[a] on the ground."

I Kings 19:8

"So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God."

I Kings 21:9-12

"In those letters she wrote:

"Proclaim a day of fasting and seat Naboth in a prominent place among the people. But seat two scoundrels opposite him and have them bring charges that he has cursed both God and the king. Then take him out and stone him to death."

So the elders and nobles who lived in Naboth's city did as Jezebel directed in the letters she had written to them. 12 They proclaimed a fast and seated Naboth in a prominent place among the people."

I Kings 21:27

"When Ahab heard these words, he tore his clothes, put on sackcloth and fasted. He lay in sackcloth and went around meekly."

1 Chronicles 10:12

"all their valiant men went and took the bodies of Saul and his sons and brought them to Jabesh. Then they buried their bones under the great tree in Jabesh, and they fasted seven days."

2 Chronicles 20:3

"Alarmed, Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah."

Ezra 8:23

"So we fasted and petitioned our God about this, and he answered our prayer."

Ezra 10:6

"Then Ezra withdrew from before the house of God and went to the room of Jehohanan son of Eliashib. While he was there, he ate no food and drank no water, because he continued to mourn over the unfaithfulness of the exiles"

Nehemiah 1:4

"When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven"

Nehemiah 9:1

"On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and putting dust on their heads."

Esther 4:3

"In every province to which the edict and order of the king came, there was great mourning among the Jews, with fasting, weeping and wailing. Many lay in sackcloth and ashes."

Esther 4:16

"Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish."

Esther 9:31

"to establish these days of Purim at their designated times, as Mordecai the Jew and Queen Esther had decreed for them, and as they had established for themselves and their descendants in regard to their times of fasting and lamentation."

Psalms 35:13

"Yet when they were ill, I put on sackcloth and humbled myself with fasting.
When my prayers returned to me unanswered,"

Psalms 69:10

"When I weep and fast, I must endure scorn;"

Psalms 109:24

"My knees give way from fasting; my body is thin and gaunt."

Jeremiah 14:12

"Although they fast, I will not listen to their cry; though they offer burnt offerings and grain offerings, I will not accept them. Instead, I will destroy them with the sword, famine and plague."

Jeremiah 36:6

"So you go to the house of the Lord on a day of fasting and read to the people from the scroll the words of the Lord that you wrote as I dictated. Read them to all the people of Judah who come in from their towns."

Jeremiah 36: 9

"In the ninth month of the fifth year of Jehoiakim son of Josiah king of Judah, a time of fasting before the Lord was proclaimed for all the people in Jerusalem and those who had come from the towns of Judah."

Daniel 9:3

"So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes."

Daniel 10:2-3

"At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over."

Joel 1:14

"Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the Lord your God, and cry out to the Lord."

Joel 2:12-15

"Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning."

Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity.

Who knows? He may turn and relent and leave behind a blessing— grain offerings and drink offerings for the Lord your God.

Blow the trumpet in Zion, declare a holy fast, call a sacred assembly."

Jonah 3:5

"The Ninevites believed God. A fast was proclaimed, and all of them, from the greatest to the least, put on sackcloth."

Zechariah 7:5

"Ask all the people of the land and the priests, 'When you fasted and mourned in the fifth and seventh months for the past seventy years, was it really for me that you fasted?'"

Zechariah 8:19

"This is what the Lord Almighty says: "The fasts of the fourth, fifth, seventh and tenth months will become joyful and glad occasions and happy festivals for Judah. Therefore love truth and peace."

New Testament

Matthew 4:2

"After fasting forty days and forty nights, he was hungry."

Matthew 6:16-18

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

Luke 2:37

"and then was a widow until she was eighty-four.[a] She never left the temple but worshiped night and day, fasting and praying."

Matthew 9:14-15

"Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?"

Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast."

Luke 18:12

"I fast twice a week and give a tenth of all I get."

Acts 9:9

"For three days he was blind, and did not eat or drink anything."

Acts 13:2

"While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them."

Acts 14:23

"Paul and Barnabas appointed elders[a] for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust."

Acts 27:33

"Just before dawn Paul urged them all to eat. "For the last fourteen days," he said, "you have been in constant suspense and have gone without food—you haven't eaten anything."

I Corinthians 7:5

"Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control."