

MOSAIC CHURCH

Scriptures on Fasting

Isaiah 58:6 (The Voice)

No, what I want in a fast is this: to liberate those tied down and held back by injustice, to lighten the load of those heavily burdened, to free the oppressed and shatter every type of oppression.

Exodus 34:28 (HCSB)

Moses was there with the Lord 40 days and 40 nights; he did not eat bread or drink water. He wrote the Ten Commandments, the words of the covenant, on the tablets.

Nehemiah 1:4 (The Voice)

Hearing this, I was overwhelmed with grief and could only sit and weep. For days I mourned this news and sought the audience of the True God of heaven, praying and fasting before Him.

Esther 4:16 (HCSB)

“Go and assemble all the Jews who can be found in Susa and fast for me. Don’t eat or drink for three days, day or night. I and my female servants will also fast in the same way. After that, I will go to the king even if it is against the law. If I perish, I perish.”

Daniel 6:18 (HCSB)

Then the king went to his palace and spent the night fasting. No diversions were brought to him, and he could not sleep.

Daniel 9:3 (HCSB)

So I turned my attention to the Lord God to seek Him by prayer and petitions, with fasting, sackcloth, and ashes.

Joel 1:14 (The Voice)

So consecrate a holy fast; call everyone together. Gather all the elders and leaders and the rest who live in the land. Call everyone to the temple of your God, the Eternal. Then cry out to Him with all your heart.

Joel 2:12 (HCSB)

Even now—this is the Lord’s declaration—turn to Me with all your heart, with fasting, weeping, and mourning.

Jonah 3:5 (The Voice)

With that announcement, the people of Nineveh started to trust in Jonah’s God! Every person—whether young or old, rich or poor, male or female—fasted and wore a sack as a sign of remorse for his past wickedness.

Zechariah 7:4-6 (HCSB)

Then the word of the Lord of Hosts came to me: “Ask all the people of the land and the priests: When you fasted and lamented in the fifth and in the seventh months for these 70 years, did you really fast for Me? When you eat and drink, don’t you eat and drink simply for yourselves?”

Ezra 8:21-23 (HCSB)

I proclaimed a fast by the Ahava River, so that we might humble ourselves before our God and ask Him for a safe journey for us, our children, and all our possessions. I did this because I was ashamed to ask the king for infantry and cavalry to protect us from enemies during the journey, since we had told him, “The hand of our God is gracious to all who seek Him, but His great anger is against all who abandon Him.” So we fasted and pleaded with our God about this, and He granted our request.

Matthew 4:2 (The Voice)

Jesus fasted for 40 days and 40 nights. After this fast, He was, as you can imagine, hungry.

Luke 5:35 (HCSB)

But the time will come when the groom will be taken away from them—then they will fast in those days.”

Matthew 6:16-18 (AMP)

“And whenever you are fasting, do not look gloomy like the hypocrites, for they put on a sad and dismal face like actors, discoloring their faces with ashes or dirt so that their fasting may be seen by men. I assure you and most solemnly say to you, they have their reward in full. But when you fast, put oil on your head as you normally would to groom your hair and wash your face so that your fasting will not be noticed by people, but by your Father who is in secret; and your Father who sees what is done in secret will reward you.

Mark 9:29 (HCSB)

And He told them, “This kind can come out by nothing but prayer [and fasting].

Acts 13:2-3 (HCSB)

As they were ministering to the Lord and fasting, the Holy Spirit said, “Set apart for Me Barnabas and Saul for the work I have called them to.” Then after they had fasted, prayed, and laid hands on them, they sent them off.

I Corinthians 8:8 (HCSB)

Food will not make us acceptable to God. We are not inferior if we don’t eat, and we are not better if we do eat.

I Corinthians 8:8 (The Voice)

Again, here’s what we know: what we eat will not bring us closer to God—we gain nothing in feasting and lose nothing by fasting.