

BIBLE VERSES ON FASTING

(Ezra 8:21-23, ESV) Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods. 22 For I was ashamed to ask the king for a band of soldiers and horsemen to protect us against the enemy on our way, since we had told the king, "The hand of our God is for good on all who seek him, and the power of his wrath is against all who forsake him." 23 So we fasted and implored our God for this, and he listened to our entreaty.

Then the disciples of John came to him, saying, "Why do we and the Pharisees fast, but your disciples do not fast?" [15] And Jesus said to them, "Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast. [16] No one puts a piece of unshrunk cloth on an old garment, for the patch tears away from the garment, and a worse tear is made. [17] Neither is new wine put into old wineskins. If it is, the skins burst and the wine is spilled and the skins are destroyed. But new wine is put into fresh wineskins, and so both are preserved." (Matthew 9:14-17 ESV)

"And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. [17] But when you fast, anoint your head and wash your face, [18] that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you." (Matthew 6:16-18 ESV)

"Now there were in the church at Antioch prophets and teachers, Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen a lifelong friend of Herod the tetrarch, and Saul. [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.' [3] Then after fasting and praying they laid their hands on them and sent them off." (Acts 13:1-3 ESV)

"And when they had appointed elders for them in every church, with prayer and fasting they committed them to the Lord in whom they had believed." (Acts 14:23 ESV)

"Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. [2] And after fasting forty days and forty nights, he was hungry. [3] And the tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' [4] But he answered, 'It is written, 'Man shall not live by bread alone, but by every word that comes from the mouth of God.'"' (Matthew 4:1-4 ESV)

"Jesus said to them, 'I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.'" (John 6:35 ESV)

"You will seek me and find me, when you seek me with all your heart." (Jeremiah 29:13 ESV)

"Food will not commend us to God. We are no worse off if we do not eat, and no better off if we do." (1 Corinthians 8:8 ESV)

“He also told this parable to some who trusted in themselves that they were righteous, and treated others with contempt: [10] ‘Two men went up into the temple to pray, one a Pharisee and the other a tax collector. [11] The Pharisee, standing by himself, prayed thus: ‘God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. [12] I fast twice a week; I give tithes of all that I get.’ [13] But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, ‘God, be merciful to me, a sinner!’ [14] I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.” (Luke 18:9-14 ESV)

“For many, of whom I have often told you and now tell you even with tears, walk as enemies of the cross of Christ. [19] Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things. [20] But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, [21] who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.” (Philippians 3:18-21 ESV)

“Now the Spirit expressly says that in later times some will depart from the faith by devoting themselves to deceitful spirits and teachings of demons, [2] through the insincerity of liars whose consciences are seared, [3] who forbid marriage and require abstinence from foods that God created to be received with thanksgiving by those who believe and know the truth. [4] For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, [5] for it is made holy by the word of God and prayer.” (1 Timothy 4:1-5 ESV)

Helpful Resources for Learning More about Fasting

- [Spiritual Disciplines for the Christian Life](#) by Donald Whitney
- [A Hunger for God](#) by John Piper - Freely available at www.desiringgod.org/books/a-hunger-for-god
- “Crossway Interview with John Piper on *A Hunger for God*” - www.desiringgod.org/interviews/crossway-books-interview-with-john-piper-on-a-hunger-for-god
- “Quotes on Fasting” - www.trustworthyword.com/quotes-on-fasting
- “What Does the Bible Say about Fasting?” - www.trustworthyword.com/what-does-the-bible-say-about-fasting