

## Isaiah 58:6

Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

## Ezra 8:23

So we fasted and besought our God for this: and he was intreated of us.

## Acts 13:3

And when they had fasted and prayed, and laid their hands on them, they sent them away.

## Matthew 6:16

Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.

## Matthew 6:17-18

But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

## Joel 2:12

Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning:

## Daniel 10:3

I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.

Luke 4:2

Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered.

Acts 13:2

As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them.

Exodus 34:28

And he was there with the LORD forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the ten commandments.