

## Isaiah 58:6

"I will tell you the kind of day I want a day to set people free. I want a day that you take the burdens off others. I want a day when you set troubled people free and you take the burdens from their shoulders.

## Ezra 8:23

So we fasted and prayed to our God about our trip. He answered our prayers.

## Acts 13:3

So the church fasted and prayed. They laid their hands on Barnabas and Saul and sent them out.

## Matthew 6:16

"When you fast, don't make yourselves look sad like the hypocrites. They put a look of suffering on their faces so that people will see they are fasting. The truth is, that's all the reward they will get.

## Matthew 6:17-18

So when you fast, wash your face and make yourself look nice. Then no one will know you are fasting, except your Father, who is with you even in private. He can see what is done in private, and he will reward you.

## Joel 2:12

This is the Lord's message: "Now come back to me with all your heart. Cry and mourn, and don't eat any food to show you are sad for doing wrong.

## Daniel 10:3

During those three weeks, I didn't eat any fancy food; I didn't eat any meat or drink any wine. I

didn't put any oil on my head. I didn't do any of these things for three weeks.

#### Luke 4:2

There the devil tempted Jesus for 40 days. Jesus ate nothing during this time, and when it was finished, he was very hungry.

#### Acts 13:2

These men were all serving the Lord and fasting when the Holy Spirit said to them, "Appoint Barnabas and Saul to do a special work for me. They are the ones I have chosen to do it."

#### Exodus 34:28

Moses stayed there with the Lord for 40 days and 40 nights. Moses did not eat any food or drink any water. And he wrote the words of the agreement (the Ten Commandments) on the two stone tablets.