Scripture References

104–105 · Fasting

Wall of Faith Ministries

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1. Galatians 5:17

For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

2. Galatians 5:16

But I say, walk by the Spirit, and you will not gratify the desires of the flesh.

3. Romans 7:14-25

For we know that the law is spiritual, but I am of the flesh, sold under sin. (15) For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. (16) Now if I do what I do not want, I agree with the law, that it is good. (17) So now it is no longer I who do it, but sin that dwells within me. (18) For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. (19) For I do not do the good I want, but the evil I do not want is what I keep on doing. (20) Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me. (21) So I find it to be a law that when I want to do right, evil lies close at hand. (22) For I delight in the law of God, in my inner being, (23) but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members. (24) Wretched man that I am! Who will deliver me from this body of death? (25) Thanks be to God through Jesus Christ our Lord! So then, I myself serve the law of God with my mind, but with my flesh I serve the law of sin.

4. Joel 2:11-14

The LORD utters his voice before his army, for his camp is exceedingly great; he who executes his word is powerful. For the day of the LORD is great and very awesome; who can endure it? (12) "Yet even now," declares the LORD, "return to me with all your heart, with fasting, with weeping, and with mourning; (13) and rend your hearts and not your garments." Return to the LORD your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster. (14) Who knows whether he will not turn and relent, and leave a blessing behind him, a grain offering and a drink offering for the LORD your God

5. Acts 27:9

Since much time had passed, and the voyage was now dangerous because even the Fast was already over, Paul advised them,

6. Leviticus 23:26-32

And the LORD spoke to Moses, saying, (27) "Now on the tenth day of this seventh month is the Day of Atonement. It shall be for you a time of holy convocation, and you shall afflict yourselves and present a food offering to the LORD. (28) And you shall not do any work on that very day, for it is a Day of Atonement, to make atonement for you before the LORD your God. (29) For whoever is not afflicted on that very day shall be cut off from his people. (30) And whoever does any work on that very day, that person I will destroy from among his people. (31) You shall not do any work. It is a statute forever throughout your generations in all your dwelling places. (32) It shall be to you a Sabbath of solemn rest, and you shall afflict yourselves. On the ninth day of the month beginning at evening, from evening to evening shall you keep your Sabbath."

7. Esther 4:10-17

Then Esther spoke to Hathach and commanded him to go to Mordecai and say, (11) "All the king's servants and the people of the king's provinces know that if any man or woman goes to the king inside the inner court without being called, there is but one law--to be put to death, except the one to whom the king holds out the golden scepter so that he may live. But as for me, I have not been called to come in to the king these thirty days." (12) And they told Mordecai what Esther had said. (13) Then Mordecai told them to reply to Esther, "Do not think to yourself that in the king's palace you will escape any more than all the other Jews. (14) For if you keep silent at this time, relief and deliverance will rise for the Jews from another place, but you and your father's house will perish. And who knows whether you have not come to the kingdom for such a time as this?" (15) Then Esther told them to reply to Mordecai, (16) "Go, gather all the Jews to be found in Susa, and hold a fast on my behalf, and do not eat or drink for three days, night or day. I and my young women will also fast as you do. Then I will go to the king, though it is against the law, and if I perish, I perish." (17) Mordecai then went away and did everything as Esther had ordered him.

8. 2 Chronicles 20:1-6

After this the Moabites and Ammonites, and with them some of the Meunites, came against Jehoshaphat for battle. (2) Some men came and told Jehoshaphat, "A great multitude is coming against you from Edom, from beyond the sea; and, behold, they are in Hazazon-tamar" (that is, Engedi). (3) Then Jehoshaphat was afraid and set his face to seek the LORD, and proclaimed a fast throughout all Judah. (4) And Judah assembled to seek help from the LORD; from all the cities of Judah they came to seek the LORD. (5) And Jehoshaphat stood in the assembly of Judah and Jerusalem, in the house of the LORD, before the new court, (6) and said, "O LORD, God of our fathers, are you not God in heaven? You rule over all the kingdoms of the nations. In your hand are power and might, so that none is able to withstand you.

9. Jeremiah 36:4-9

Then Jeremiah called Baruch the son of Neriah, and Baruch wrote on a scroll at the dictation of Jeremiah all the words of the LORD that he had spoken to him. (5) And Jeremiah ordered Baruch, saying, "I am banned from going to the house of the LORD, (6) so you are to go, and on a day of fasting in the hearing of all the people in the LORD's house you shall read the words of the LORD from the scroll that you have written at my dictation. You shall read them also in the hearing of all the men of Judah who come out of their cities. (7) It may be that their plea for mercy will come before the LORD, and that every one will turn from his evil way, for great is the anger and wrath that the LORD has pronounced against this people." (8) And Baruch the son of Neriah did all that Jeremiah the prophet ordered him about reading from the scroll the words of the LORD in the LORD's house. (9) In the fifth year of Jehoiakim the son of Josiah, king of Judah, in the ninth month, all the people in Jerusalem and all the people who came from the cities of Judah to Jerusalem proclaimed a fast before the LORD.

10. Nehemiah 9:1-3

Now on the twenty-fourth day of this month the people of Israel were assembled with fasting and in sackcloth, and with earth on their heads. (2) And the Israelites separated themselves from all foreigners and stood and confessed their sins and the iniquities of their fathers. (3) And they stood up in their place and read from the Book of the Law of the LORD their God for a quarter of the day; for another quarter of it they made confession and worshiped the LORD their God.

11. Zechariah 7:1-7

In the fourth year of King Darius, the word of the LORD came to Zechariah on the fourth day of the ninth month, which is Chislev. (2) Now the people of Bethel had sent Sharezer and Regem-melech and their men to entreat the favor of the LORD, (3) saying to the priests of the house of the LORD of hosts and the prophets, "Should I weep and abstain in the fifth month, as I have done for so many years?" (4) Then the word of the LORD of hosts came to me: (5) "Say to all the people of the land and the priests, When you fasted and mourned in the fifth month and in the seventh, for these seventy years, was it for me that you fasted? (6) And when you eat and when you drink, do you not eat for yourselves and drink for yourselves? (7) Were not these the words that the LORD proclaimed by the former prophets, when Jerusalem was inhabited and prosperous, with her cities around her, and the South and the lowland were inhabited?"

12. Acts 20:35

In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, 'It is more blessed to give than to receive.'"

13. Isaiah 30:18

Therefore the LORD waits to be gracious to you, and therefore he exalts himself to show mercy to you. For the LORD is a God of justice; blessed are all those who wait for him.

14. Ephesians 1:3

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places,

15. Ephesians 4:29-30

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. (30) And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

16. Acts 13:1-4

Now there were in the church at Antioch prophets and teachers, Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen a member of the court 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. (4) So, being sent out by the Holy Spirit, they went down to Seleucia, and from there they sailed to Cyprus.

17. Acts 14:21-23

When they had preached the gospel to that city and had made many disciples, they returned to Lystra and to Iconium and to Antioch, (22) strengthening the souls of the disciples, encouraging them to continue in the faith, and saying that through many tribulations we must enter the kingdom of God. (23) 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.

18. James 4:7

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

19. Matthew 4:1-11

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.'" (5) Then the devil took him to the holy city and set him on the pinnacle of the temple (6) and said to him, "If you are the Son of God, throw yourself down, for it is written, "'He will command his angels concerning you,' and "'On their hands they will bear you up, lest you strike your foot against a stone.'" (7) Jesus said to him, "Again it is written, 'You shall not put the Lord your God to the test.'" (8) Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory. (9) And he said to him, "All these I will give you, if you will fall down and worship me." (10) Then Jesus said to him, "Be gone, Satan! For it is written, "'You shall worship the Lord your God and him only shall you serve.'" (11) Then the devil left him, and behold, angels came and were ministering to him.

20. Luke 4:1-2

And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness (2) for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry.

21. Luke 4:13

And when the devil had ended every temptation, he departed from him until an opportune time.

22. Matthew 17:14-21

And when they came to the crowd, a man came up to him and, kneeling before him, (15) said, "Lord, have mercy on my son, for he is an epileptic and he suffers terribly. For often he falls into the fire, and often into the water. (16) And I brought him to your disciples, and they could not heal him." (17) And Jesus answered, "O faithless and twisted generation, how long am I to be with you? How long am I to bear with you? Bring him here to me." (18) And Jesus rebuked the demon, and it came out of him, and the boy was healed instantly. (19) Then the disciples came to Jesus privately and said, "Why could we not cast it out?" (20) He said to them, "Because of your little faith. For truly, I say to you, if you have faith like a grain of mustard seed, you will say to this mountain, 'Move from here to there,' and it will move, and nothing will be impossible for you." (21) [But this kind never comes out except by prayer and fasting.]

23. Mark 9:22-29

And it has often cast him into fire and into water, to destroy him. But if you can do anything, have compassion on us and help us." (23) And Jesus said to him, "'If you can'! All things are possible for one who believes." (24) Immediately the father of the child cried out and said, "I believe; help my unbelief!" (25) And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You mute and deaf spirit, I command you, come out of him and never enter him again." (26) And after crying out and convulsing him terribly, it came out, and the boy was like a corpse, so that most of them said, "He is dead." (27) But Jesus took him by the hand and lifted him up, and he arose. (28) And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" (29) And he said to them, "This kind cannot be driven out by anything but prayer."

24. Luke 9:40-42

And I begged your disciples to cast it out, but they could not." (41) Jesus answered, "O faithless and twisted generation, how long am I to be with you and bear with you? Bring your son here." (42) While he was coming, the demon threw him to the ground and convulsed him. But Jesus rebuked the unclean spirit and healed the boy, and gave him back to his father.

25. Matthew 6:16-17

"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,

26. Acts 4:5-6

On the next day their rulers and elders and scribes gathered together in Jerusalem, (6) with Annas the high priest and Caiaphas and John and Alexander, and all who were of the high-priestly family.

27. Acts 4:18-23

So they called them and charged them not to speak or teach at all in the name of Jesus. (19) But Peter and John answered them, "Whether it is right in the sight of God to listen to you rather than to God, you must judge, (20) for we cannot but speak of what we have seen and heard." (21) And when they had further threatened them, they let them go, finding no way to punish them, because of the people, for all were praising God for what had happened. (22) For the man on whom this sign of healing was performed was more than forty years old. (23) When they were released, they went to their friends and reported what the chief priests and the elders had said to them.

28. Acts 4:24-30

And when they heard it, they lifted their voices together to God and said, "Sovereign Lord, who made the heaven and the earth and the sea and everything in them, (25) who through the mouth of our father David, your servant, said by the Holy Spirit, "'Why did the Gentiles rage, and the peoples plot in vain? (26) The kings of the earth set themselves, and the rulers were gathered together, against the Lord and against his Anointed'-- (27) for truly in this city there were gathered together against your holy servant Jesus, whom you anointed, both Herod and Pontius Pilate, along with the Gentiles and the peoples of Israel, (28) to do whatever your hand and your plan had predestined to take place. (29) And now, Lord, look upon their threats and grant to your servants to continue to speak your word with all boldness, (30) while you stretch out your hand to heal, and signs and wonders are performed through the name of your holy servant Jesus."

29. Acts 4:31-34

And when they had prayed, the place in which they were gathered together was shaken, and they were all filled with the Holy Spirit and continued to speak the word of God with boldness. (32) Now the full number of those who believed were of one heart and soul, and no one said that any of the things that belonged to him was his own, but they had everything in common. (33) And with great power the apostles were giving their testimony to the resurrection of the Lord Jesus, and great grace was upon them all. (34) There was not a needy person among them, for as many as were owners of lands or houses sold them and brought the proceeds of what was sold

30. Romans 14:20-23

Do not, for the sake of food, destroy the work of God. Everything is indeed clean, but it is wrong for anyone to make another stumble by what he eats. (21) It is good not to eat meat or drink wine or do anything that causes your brother to stumble. (22) The faith that you have, keep between yourself and God. Blessed is the one who has no reason to pass judgment on himself for what he approves. (23) But whoever has doubts is condemned if he eats, because the eating is not from faith. For whatever does not proceed from faith is sin.

31. Acts 27:18-21

Since we were violently storm-tossed, they began the next day to jettison the cargo. (19) And on the third day they threw the ship's tackle overboard with their own hands. (20) When neither sun nor stars appeared for many days, and no small tempest lay on us, all hope of our being saved was at last abandoned. (21) Since they had been without food for a long time, Paul stood up among them and said, "Men, you should have listened to me and not have set sail from Crete and incurred this injury and loss.

32. Acts 27:30-35

And as the sailors were seeking to escape from the ship, and had lowered the ship's boat into the sea under pretense of laying out anchors from the bow, (31) Paul said to the centurion and the soldiers, "Unless these men stay in the ship, you cannot be saved." (32) Then the soldiers cut away the ropes of the ship's boat and let it go. (33) As day was about to dawn, Paul urged them all to take some food, saying, "Today is the fourteenth day that you have continued in suspense and without food, having taken nothing. (34) Therefore I urge you to take some food. For it will give you strength, for not a hair is to perish from the head of any of you." (35) And when he had said these things, he took bread, and giving thanks to God in the presence of all he broke it and began to eat.