**Fasting**

**Matthew 4:1 Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil.**

**:2 And when he had fasted forty days and forty nights, he was afterward an hungred.**

[Christ was weakened and hungry after fasting (NOT eating nor drinking anything) for an astounding forty days straight. Yet His spirit was strong in the LORD and the word to resist being tempted by Satan straight up, as an example.]

**Esther 4:16  Go, gather together all the Jews that are present in Shushan, and FAST ye for me, and NEITHER EAT NOR DRINK three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish.**

**Leviticus 23:32 It shall be unto you a sabbath of rest, and ye shall afflict your souls: in the ninth day of the month at even, from even unto even, shall ye celebrate your sabbath.**

[Fasting is not eating nor drinking anything for at least a day or 24 hours.

This is the holyday known as the Day of Atonement, in which this holy day is to be observed by fasting.]

**Ezra 8:21 Then I proclaimed a FAST there, at the river of Ahava, that we might AFFLICT ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance.**

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

[Ezra (Esdras) fasting with Israel for the LORD to guide and protect Israel, and the LORD mercifully heard them.]

**Tobit 12:8 Prayer is good with fasting and alms and righteousness. A little with righteousness is better than much with unrighteousness. It is better to give alms than to lay up gold:**

[Strongest prayers come when obedient to the LORD: **IJohn 3:22,** having true love and also includes fasting. Alms are good deeds, and help given to those who are unable to help or repay: **Matthew 6:1-4.**]

**Matthew 9:14 Then came to him the disciples of John, saying, Why do we and the Pharisees fast oft, but thy disciples fast not?**

**:15 And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and then shall they fast.**

**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.**

**:17 But thou, when thou fastest, anoint thine head, and wash thy face;**

**:18 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.**

[Many whether fasting or doing other righteous deeds, seek honor or praise of men. They proclaim their actions rather than doing good deeds in secret, so their ONLY worthless reward is getting praise of men, instead of being praised by the LORD, or pleasing Him and Christ. Do your business in meekness.]

**Ecclesaisticus 34:25 He that washeth himself after the touching of a dead body, if he touch it again, what availeth his washing?**

**:26 So is it with a man that FASTETH for his sins, and goeth again, and doeth the same: who will hear his prayer? or what doth his HUMBLING profit him?**

**ISamuel 7:6 And they gathered together to Mizpeh, and drew water, and poured it out before the LORD, and fasted on that day, and said there, We have sinned against the LORD. And Samuel judged the children of Israel in Mizpeh.**

**2Esdras 5:13 To shew thee such tokens I have leave; and if thou wilt pray again, and weep as now, and fast seven days, thou shalt hear yet greater things.**

[Righteous Esdras (Ezra) fasted seven days for understanding and wisdom. And The LORD mercifully was intreated of him, and answered Esdras’ questions and recorded them that we may mercifully learn also.]

**Luke 2:37 And she was a widow of about fourscore and four years, which departed not from the temple, but served God with fastings and prayers night and day.**

**2Samuel 1:12 And they mourned, and wept, and fasted until even, for Saul, and for Jonathan his son, and for the people of the LORD, and for the house of Israel; because they were fallen by the sword.**

**2Samuel 12:16 David therefore besought God for the child; and David fasted, and went in, and lay all night upon the earth.**

**:22 And he said, While the child was yet alive, I fasted and wept: for I said, Who can tell whether GOD will be gracious to me, that the child may live?**

[Incredible wisdom. David fasted for mercy and dealt very contritely. He also understood that once his prayer and fasting for the child to live was not granted, that the need to seek additional mercy or answers for the same issue no longer was applicable, which gives us understanding, and wisdom.]

**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.**

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

**Psalms 35:13 But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom.**

**ICorinthians 7:5 Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.**

[If you fast do not have sex during the day or days you fast. After you fast, return to being sexual with your wife, so that Satan does not bring temptations for an unnecessary lack of sexual intimacy.]

**Ecclesiasticus 35:16 He that serveth the Lord shall be accepted with favour, and his prayer shall reach unto the clouds.**

**:17 The prayer of the humble pierceth the clouds: and till it come nigh, he will not be comforted; and will not depart, till the most High shall behold to judge righteously, and execute judgment.**

**:18 For the Lord will not be slack, neither will the Mighty be patient toward them, till he have smitten in sunder the loins of the unmerciful, and repayed vengeance to the heathen; till he have taken away the multitude of the proud, and broken the sceptre of the unrighteous;**

[The righteous, especially while humbling and afflicting their soul, will pray and will be heard.]

**Mark 9:28 And when he was come into the house, his disciples asked him privately, WHY COULD NOT WE cast him out?**

**:29 And he said unto them, This kind can come forth by nothing, BUT BY prayer and fasting.**

(Prayers with fasting are necessary, and powerful, when dealing with any spiritual battles, sins difficult to overcome; even dealing with demons and spirits we are powerless against, unless we pray and fast.)

All honor, appreciation, and glory to our Almighty Heavenly Father, and His Word and Truth Jesus Christ.

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