**The Gift of Living in the Divine Will is the perfect Model for Fasting & Prayer**

(Perennial Prayer and Constant Fasting from Our Human Will)

Fasting is a way to humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, “I humbled my soul with fasting” (Psalm 69:10). You may find yourself relying on God more fully for strength when you fast. Fasting and prayer can help us hear God more clearly.

[**Matthew 6:16-18**](https://www.biblegateway.com/passage/?search=Matthew+6%3A16-18&version=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. But when you fast, anoint your head and wash your face, 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.

[**Acts 14:23**](https://www.biblegateway.com/passage/?search=Acts+14%3A23&version=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.

[**Isaiah 58:6**](https://www.biblegateway.com/passage/?search=Isaiah+58%3A6&version=ESV)

“Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?

[**1 Corinthians 7:5**](https://www.biblegateway.com/passage/?search=1+Corinthians+7%3A5&version=ESV)

Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.

[**Acts 13:2**](https://www.biblegateway.com/passage/?search=Acts+13%3A2&version=ESV)

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.”

[**Acts 13:3**](https://www.biblegateway.com/passage/?search=Acts+13%3A3&version=ESV)

Then after fasting and praying they laid their hands on them and sent them off.

[**Luke 2:37**](https://www.biblegateway.com/passage/?search=Luke+2%3A37&version=ESV)

And then as a widow until she was eighty-four. She did not depart from the temple, worshiping with fasting and prayer night and day.

[**Matthew 9:14-15**](https://www.biblegateway.com/passage/?search=Matthew+9%3A14-15&version=ESV)

Then the disciples of John came to him, saying, “Why do we and the Pharisees fast, but your disciples do not fast?” 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.

[**Joel 1:14**](https://www.biblegateway.com/passage/?search=Joel+1%3A14&version=ESV)

Consecrate a fast; call a solemn assembly. Gather the elders and all the inhabitants of the land to the house of the Lord your God, and cry out to the Lord.

[**Nehemiah 1:4**](https://www.biblegateway.com/passage/?search=Nehemiah+1%3A4&version=ESV)

As soon as I heard these words I sat down and wept and mourned for days, and I continued fasting and praying before the God of heaven.

[**Matthew 4:4**](https://www.biblegateway.com/passage/?search=Matthew+4%3A4&version=ESV)

But he answered, “It is written, “‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’”

[**Isaiah 58:3**](https://www.biblegateway.com/passage/?search=Isaiah+58%3A3&version=ESV)

‘Why have we fasted, and you see it not? Why have we humbled ourselves, and you take no knowledge of it?’ Behold, in the day of your fast you seek your own pleasure, and oppress all your workers.

[**Judges 20:26**](https://www.biblegateway.com/passage/?search=Judges+20%3A26&version=ESV)

Then all the people of Israel, the whole army, went up and came to Bethel and wept. They sat there before the Lord and fasted that day until evening, and offered burnt offerings and peace offerings before the Lord.

[**Ezra 8:21-23**](https://www.biblegateway.com/passage/?search=Ezra+8%3A21-23&version=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. 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.” So we fasted and implored our God for this, and he listened to our entreaty.

[**Psalm 35:13**](https://www.biblegateway.com/passage/?search=Psalm+35%3A13&version=ESV)

But I, when they were sick— I wore sackcloth; I afflicted myself with fasting; I prayed with head bowed on my chest.

[**Matthew 4:2**](https://www.biblegateway.com/passage/?search=Matthew+4%3A2&version=ESV)

And after fasting forty days and forty nights, he was hungry.

[**Acts 13:2-3**](https://www.biblegateway.com/passage/?search=Acts+13%3A2-3&version=ESV)

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.” Then after fasting and praying they laid their hands on them and sent them off.

[**Psalm 69:10**](https://www.biblegateway.com/passage/?search=Psalm+69%3A10&version=ESV)

When I wept and humbled my soul with fasting, it became my reproach.

[**Joel 2:12**](https://www.biblegateway.com/passage/?search=Joel+2%3A12&version=ESV)

“Yet even now,” declares the Lord, “return to me with all your heart, with fasting, with weeping, and with mourning;

[**Daniel 10:3**](https://www.biblegateway.com/passage/?search=Daniel+10%3A3&version=ESV)

I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks.

[**Exodus 34:28**](https://www.biblegateway.com/passage/?search=Exodus+34%3A28&version=ESV)

So he was there with the Lord forty days and forty nights. He neither ate bread nor drank water. And he wrote on the tablets the words of the covenant, the Ten Commandments.

[**Esther 4:16**](https://www.biblegateway.com/passage/?search=Esther+4%3A16&version=ESV)

“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.”

[**1 Corinthians 9:27**](https://www.biblegateway.com/passage/?search=1+Corinthians+9%3A27&version=ESV)

But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

[**Luke 4:2**](https://www.biblegateway.com/passage/?search=Luke+4%3A2&version=ESV)

For forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry.

[**Isaiah 58:1-14**](https://www.biblegateway.com/passage/?search=Isaiah+58%3A1-14&version=ESV)

“Cry aloud; do not hold back; lift up your voice like a trumpet; declare to my people their transgression, to the house of Jacob their sins. Yet they seek me daily and delight to know my ways, as if they were a nation that did righteousness and did not forsake the judgment of their God; they ask of me righteous judgments; they delight to draw near to God. ‘Why have we fasted, and you see it not? Why have we humbled ourselves, and you take no knowledge of it?’ Behold, in the day of your fast you seek your own pleasure, and oppress all your workers. Behold, you fast only to quarrel and to fight and to hit with a wicked fist. Fasting like yours this day will not make your voice to be heard on high. Is such the fast that I choose, a day for a person to humble himself? Is it to bow down his head like a reed, and to spread sackcloth and ashes under him? Will you call this a fast, and a day acceptable to the Lord? ...

[**Ezra 8:21**](https://www.biblegateway.com/passage/?search=Ezra+8%3A21&version=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.

[**2 Samuel 12:16**](https://www.biblegateway.com/passage/?search=2+Samuel+12%3A16&version=ESV)

David therefore sought God on behalf of the child. And David fasted and went in and lay all night on the ground.

[**1 Samuel 7:6**](https://www.biblegateway.com/passage/?search=1+Samuel+7%3A6&version=ESV)

So they gathered at Mizpah 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 people of Israel at Mizpah.

[**James 5:13**](https://www.biblegateway.com/passage/?search=James+5%3A13&version=ESV)

Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise.

[**Matthew 6:16**](https://www.biblegateway.com/passage/?search=Matthew+6%3A16&version=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.

[**2 Samuel 1:12**](https://www.biblegateway.com/passage/?search=2+Samuel+1%3A12&version=ESV)

And they mourned and wept and fasted until evening for Saul and for Jonathan his son and for the people of the Lord and for the house of Israel, because they had fallen by the sword.

[**2 Corinthians 11:27**](https://www.biblegateway.com/passage/?search=2+Corinthians+11%3A27&version=ESV)

In toil and hardship, through many a sleepless night, in hunger and thirst, often without food, in cold and exposure.

[**Mark 9:29**](https://www.biblegateway.com/passage/?search=Mark+9%3A29&version=ESV)

And he said to them, “This kind cannot be driven out by anything but prayer.”

[**Ezra 10:6**](https://www.biblegateway.com/passage/?search=Ezra+10%3A6&version=ESV)

Then Ezra withdrew from before the house of God and went to the chamber of Jehohanan the son of Eliashib, where he spent the night, neither eating bread nor drinking water, for he was mourning over the faithlessness of the exiles.

[**Acts 9:9**](https://www.biblegateway.com/passage/?search=Acts+9%3A9&version=ESV)

And for three days he was without sight, and neither ate nor drank.

[**Jonah 3:5**](https://www.biblegateway.com/passage/?search=Jonah+3%3A5&version=ESV)

And the people of Nineveh believed God. They called for a fast and put on sackcloth, from the greatest of them to the least of them.

[**Ephesians 6:10**](https://www.biblegateway.com/passage/?search=Ephesians+6%3A10&version=ESV)

Finally, be strong in the Lord and in the strength of his might.

[**Acts 13:1-3**](https://www.biblegateway.com/passage/?search=Acts+13%3A1-3&version=ESV)

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. 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.” Then after fasting and praying they laid their hands on them and sent them off.

[**Matthew 16:19**](https://www.biblegateway.com/passage/?search=Matthew+16%3A19&version=ESV)

I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven.”

[**Daniel 9:3**](https://www.biblegateway.com/passage/?search=Daniel+9%3A3&version=ESV)

Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting and sackcloth and ashes.

[**James 1:5**](https://www.biblegateway.com/passage/?search=James+1%3A5&version=ESV)

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

[**Luke 18:1**](https://www.biblegateway.com/passage/?search=Luke+18%3A1&version=ESV)

And he told them a parable to the effect that they ought always to pray and not lose heart.

[**Luke 5:33-35**](https://www.biblegateway.com/passage/?search=Luke+5%3A33-35&version=ESV)

And they said to him, “The disciples of John fast often and offer prayers, and so do the disciples of the Pharisees, but yours eat and drink.” And Jesus said to them, “Can you make wedding guests fast while the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast in those days.”

[**Mark 2:18**](https://www.biblegateway.com/passage/?search=Mark+2%3A18&version=ESV)

Now John's disciples and the Pharisees were fasting. And people came and said to him, “Why do John's disciples and the disciples of the Pharisees fast, but your disciples do not fast?”

[**Matthew 6:7**](https://www.biblegateway.com/passage/?search=Matthew+6%3A7&version=ESV)

“And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words.

[**Daniel 6:18**](https://www.biblegateway.com/passage/?search=Daniel+6%3A18&version=ESV)

Then the king went to his palace and spent the night fasting; no diversions were brought to him, and sleep fled from him.

[**Isaiah 58:7**](https://www.biblegateway.com/passage/?search=Isaiah+58%3A7&version=ESV)

Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh?

[**Daniel 10:2-3**](https://www.biblegateway.com/passage/?search=Daniel+10%3A2-3&version=ESV)

In those days I, Daniel, was mourning for three weeks. I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks.

[**1 Samuel 31:13**](https://www.biblegateway.com/passage/?search=1+Samuel+31%3A13&version=ESV)

And they took their bones and buried them under the tamarisk tree in Jabesh and fasted seven days.

[**1 Corinthians 7:1-5**](https://www.biblegateway.com/passage/?search=1+Corinthians+7%3A1-5&version=ESV)

Now concerning the matters about which you wrote: “It is good for a man not to have sexual relations with a woman.” But because of the temptation to sexual immorality, each man should have his own wife and each woman her own husband. The husband should give to his wife her conjugal rights, and likewise the wife to her husband. For the wife does not have authority over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does. Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.

[**Matthew 17:21**](https://www.biblegateway.com/passage/?search=Matthew+17%3A21&version=ESV)

[**Matthew 4:1-4**](https://www.biblegateway.com/passage/?search=Matthew+4%3A1-4&version=ESV)

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry. And the tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” But he answered, “It is written, “‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’”

[**1 Corinthians 10:31**](https://www.biblegateway.com/passage/?search=1+Corinthians+10%3A31&version=ESV)

So, whether you eat or drink, or whatever you do, do all to the glory of God.

[**Acts 9:17-18**](https://www.biblegateway.com/passage/?search=Acts+9%3A17-18&version=ESV)

So Ananias departed and entered the house. And laying his hands on him he said, “Brother Saul, the Lord Jesus who appeared to you on the road by which you came has sent me so that you may regain your sight and be filled with the Holy Spirit.” And immediately something like scales fell from his eyes, and he regained his sight. Then he rose and was baptized;

[**Matthew 6:18**](https://www.biblegateway.com/passage/?search=Matthew+6%3A18&version=ESV)

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.

[**Ezra 8:23**](https://www.biblegateway.com/passage/?search=Ezra+8%3A23&version=ESV)

So we fasted and implored our God for this, and he listened to our entreaty.

[**1 Kings 19:8**](https://www.biblegateway.com/passage/?search=1+Kings+19%3A8&version=ESV)

And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.

[**Exodus 34:28-29**](https://www.biblegateway.com/passage/?search=Exodus+34%3A28-29&version=ESV)

So he was there with the Lord forty days and forty nights. He neither ate bread nor drank water. And he wrote on the tablets the words of the covenant, the Ten Commandments. When Moses came down from Mount Sinai, with the two tablets of the testimony in his hand as he came down from the mountain, Moses did not know that the skin of his face shone because he had been talking with God.

[**Luke 12:32**](https://www.biblegateway.com/passage/?search=Luke+12%3A32&version=ESV)

“Fear not, little flock, for it is your Father's good pleasure to give you the kingdom.

[**Luke 11:9**](https://www.biblegateway.com/passage/?search=Luke+11%3A9&version=ESV)

And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.

[**Luke 5:34-35**](https://www.biblegateway.com/passage/?search=Luke+5%3A34-35&version=ESV)

And Jesus said to them, “Can you make wedding guests fast while the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast in those days.”

[**Matthew 17:20-22**](https://www.biblegateway.com/passage/?search=Matthew+17%3A20-22&version=ESV)

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.” As they were gathering in Galilee, Jesus said to them, “The Son of Man is about to be delivered into the hands of men,

[**2 Chronicles 20:3**](https://www.biblegateway.com/passage/?search=2+Chronicles+20%3A3&version=ESV)

Then Jehoshaphat was afraid and set his face to seek the Lord, and proclaimed a fast throughout all Judah.

[**Luke 5:33**](https://www.biblegateway.com/passage/?search=Luke+5%3A33&version=ESV)

And they said to him, “The disciples of John fast often and offer prayers, and so do the disciples of the Pharisees, but yours eat and drink.”

[**Matthew 9:37-38**](https://www.biblegateway.com/passage/?search=Matthew+9%3A37-38&version=ESV)

Then he said to his disciples, “The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.”

[**Joel 2:12-13**](https://www.biblegateway.com/passage/?search=Joel+2%3A12-13&version=ESV)

“Yet even now,” declares the Lord, “return to me with all your heart, with fasting, with weeping, and with mourning; 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.

[**Jeremiah 14:10**](https://www.biblegateway.com/passage/?search=Jeremiah+14%3A10&version=ESV)

Thus says the Lord concerning this people: “They have loved to wander thus; they have not restrained their feet; therefore the Lord does not accept them; now he will remember their iniquity and punish their sins.”

[**Psalm 35:13-14**](https://www.biblegateway.com/passage/?search=Psalm+35%3A13-14&version=ESV)

But I, when they were sick— I wore sackcloth; I afflicted myself with fasting; I prayed with head bowed on my chest. I went about as though I grieved for my friend or my brother; as one who laments his mother, I bowed down in mourning.

[**Colossians 1:12-13**](https://www.biblegateway.com/passage/?search=Colossians+1%3A12-13&version=ESV)

Giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light. He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son,

[**Philippians 3:8**](https://www.biblegateway.com/passage/?search=Philippians+3%3A8&version=ESV)

Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ

[**Luke 18:12**](https://www.biblegateway.com/passage/?search=Luke+18%3A12&version=ESV)

I fast twice a week; I give tithes of all that I get.’

[**2 Samuel 12:15-17**](https://www.biblegateway.com/passage/?search=2+Samuel+12%3A15-17&version=ESV)

Then Nathan went to his house. And the Lord afflicted the child that Uriah's wife bore to David, and he became sick. David therefore sought God on behalf of the child. And David fasted and went in and lay all night on the ground. And the elders of his house stood beside him, to raise him from the ground, but he would not, nor did he eat food with them.

[**Acts 13:1-52**](https://www.biblegateway.com/passage/?search=Acts+13%3A1-52&version=ESV)

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. 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.” Then after fasting and praying they laid their hands on them and sent them off. So, being sent out by the Holy Spirit, they went down to Seleucia, and from there they sailed to Cyprus. When they arrived at Salamis, they proclaimed the word of God in the synagogues of the Jews. And they had John to assist them. ...

[**Matthew 4:1-11**](https://www.biblegateway.com/passage/?search=Matthew+4%3A1-11&version=ESV)

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry. And the tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” But he answered, “It is written, “‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’” Then the devil took him to the holy city and set him on the pinnacle of the temple ...

[**Daniel 9:3-5**](https://www.biblegateway.com/passage/?search=Daniel+9%3A3-5&version=ESV)

Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting and sackcloth and ashes. I prayed to the Lord my God and made confession, saying, “O Lord, the great and awesome God, who keeps covenant and steadfast love with those who love him and keep his commandments, we have sinned and done wrong and acted wickedly and rebelled, turning aside from your commandments and rules.

[**Hebrews 10:17**](https://www.biblegateway.com/passage/?search=Hebrews+10%3A17&version=ESV)

Then he adds, “I will remember their sins and their lawless deeds no more.”

[**Mark 9:25-29**](https://www.biblegateway.com/passage/?search=Mark+9%3A25-29&version=ESV)

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.” 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.” But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, “Why could we not cast it out?” And he said to them, “This kind cannot be driven out by anything but prayer.”

[**Matthew 17:20-21**](https://www.biblegateway.com/passage/?search=Matthew+17%3A20-21&version=ESV)

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.”

[**Matthew 9:15**](https://www.biblegateway.com/passage/?search=Matthew+9%3A15&version=ESV)

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.

[**Jonah 3:5-9**](https://www.biblegateway.com/passage/?search=Jonah+3%3A5-9&version=ESV)

And the people of Nineveh believed God. They called for a fast and put on sackcloth, from the greatest of them to the least of them. The word reached the king of Nineveh, and he arose from his throne, removed his robe, covered himself with sackcloth, and sat in ashes. And he issued a proclamation and published through Nineveh, “By the decree of the king and his nobles: Let neither man nor beast, herd nor flock, taste anything. Let them not feed or drink water, but let man and beast be covered with sackcloth, and let them call out mightily to God. Let everyone turn from his evil way and from the violence that is in his hands. Who knows? God may turn and relent and turn from his fierce anger, so that we may not perish.”

[**Jeremiah 14:12**](https://www.biblegateway.com/passage/?search=Jeremiah+14%3A12&version=ESV)

Though they fast, I will not hear their cry, and though they offer burnt offering and grain offering, I will not accept them. But I will consume them by the sword, by famine, and by pestilence.”

[**Isaiah 58:3-7**](https://www.biblegateway.com/passage/?search=Isaiah+58%3A3-7&version=ESV)

‘Why have we fasted, and you see it not? Why have we humbled ourselves, and you take no knowledge of it?’ Behold, in the day of your fast you seek your own pleasure, and oppress all your workers. Behold, you fast only to quarrel and to fight and to hit with a wicked fist. Fasting like yours this day will not make your voice to be heard on high. Is such the fast that I choose, a day for a person to humble himself? Is it to bow down his head like a reed, and to spread sackcloth and ashes under him? Will you call this a fast, and a day acceptable to the Lord? “Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh?

[**Isaiah 58:1**](https://www.biblegateway.com/passage/?search=Isaiah+58%3A1&version=ESV)

“Cry aloud; do not hold back; lift up your voice like a trumpet; declare to my people their transgression, to the house of Jacob their sins.

[**Psalm 23:1-6**](https://www.biblegateway.com/passage/?search=Psalm+23%3A1-6&version=ESV)

A Psalm of David. The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. ...

[**Philippians 4:6-7**](https://www.biblegateway.com/passage/?search=Philippians+4%3A6-7&version=ESV)

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

[**Ephesians 6:18**](https://www.biblegateway.com/passage/?search=Ephesians+6%3A18&version=ESV)

Praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints,

[**1 Corinthians 7:3-5**](https://www.biblegateway.com/passage/?search=1+Corinthians+7%3A3-5&version=ESV)

The husband should give to his wife her conjugal rights, and likewise the wife to her husband. For the wife does not have authority over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does. Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.

[**Romans 14:1-23**](https://www.biblegateway.com/passage/?search=Romans+14%3A1-23&version=ESV)

As for the one who is weak in faith, welcome him, but not to quarrel over opinions. One person believes he may eat anything, while the weak person eats only vegetables. Let not the one who eats despise the one who abstains, and let not the one who abstains pass judgment on the one who eats, for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Lord is able to make him stand. One person esteems one day as better than another, while another esteems all days alike. Each one should be fully convinced in his own mind. ...

[**Acts 22:16**](https://www.biblegateway.com/passage/?search=Acts+22%3A16&version=ESV)

And now why do you wait? Rise and be baptized and wash away your sins, calling on his name.’

[**Acts 10:30**](https://www.biblegateway.com/passage/?search=Acts+10%3A30&version=ESV)

And Cornelius said, “Four days ago, about this hour, I was praying in my house at the ninth hour, and behold, a man stood before me in bright clothing

[**Luke 18:1-12**](https://www.biblegateway.com/passage/?search=Luke+18%3A1-12&version=ESV)

And he told them a parable to the effect that they ought always to pray and not lose heart. He said, “In a certain city there was a judge who neither feared God nor respected man. And there was a widow in that city who kept coming to him and saying, ‘Give me justice against my adversary.’ For a while he refused, but afterward he said to himself, ‘Though I neither fear God nor respect man, yet because this widow keeps bothering me, I will give her justice, so that she will not beat me down by her continual coming.’” ...

[**Matthew 16:18**](https://www.biblegateway.com/passage/?search=Matthew+16%3A18&version=ESV)

And I tell you, you are Peter, and on this rock I will build my church, and the gates of hell shall not prevail against it.

[**Matthew 6:17-18**](https://www.biblegateway.com/passage/?search=Matthew+6%3A17-18&version=ESV)

But when you fast, anoint your head and wash your face, 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.

[**Joel 2:15**](https://www.biblegateway.com/passage/?search=Joel+2%3A15&version=ESV)

Blow the trumpet in Zion; consecrate a fast; call a solemn assembly;

[**Esther 4:3**](https://www.biblegateway.com/passage/?search=Esther+4%3A3&version=ESV)

And in every province, wherever the king's command and his decree reached, there was great mourning among the Jews, with fasting and weeping and lamenting, and many of them lay in sackcloth and ashes.

[**1 Kings 21:25-27**](https://www.biblegateway.com/passage/?search=1+Kings+21%3A25-27&version=ESV)

(There was none who sold himself to do what was evil in the sight of the Lord like Ahab, whom Jezebel his wife incited. He acted very abominably in going after idols, as the Amorites had done, whom the Lord cast out before the people of Israel.) And when Ahab heard those words, he tore his clothes and put sackcloth on his flesh and fasted and lay in sackcloth and went about dejectedly.

[**2 Samuel 12:23**](https://www.biblegateway.com/passage/?search=2+Samuel+12%3A23&version=ESV)

But now he is dead. Why should I fast? Can I bring him back again? I shall go to him, but he will not return to me.”

[**Deuteronomy 9:18**](https://www.biblegateway.com/passage/?search=Deuteronomy+9%3A18&version=ESV)

Then I lay prostrate before the Lord as before, forty days and forty nights. I neither ate bread nor drank water, because of all the sin that you had committed, in doing what was evil in the sight of the Lord to provoke him to anger.

[**Revelation 1:1**](https://www.biblegateway.com/passage/?search=Revelation+1%3A1&version=ESV)

The revelation of Jesus Christ, which God gave him to show to his servants the things that must soon take place. He made it known by sending his angel to his servant John,

[**Acts 27:33**](https://www.biblegateway.com/passage/?search=Acts+27%3A33&version=ESV)

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.