

SCRIPTURES ON FASTING & SEEKING GOD

- Deuteronomy 9:9–11 - Moses fasts while receiving the covenant from God.
- Esther 4 - Esther calls for a corporate fast before approaching the king.
- Ezra 8:21–23 - Ezra proclaims a fast as God's people humble themselves and seek Him for protection and direction.
- Nehemiah 9:1–3 - God's people gather with fasting, confession, worship, and the reading of Scripture.
- Psalm 16:11 - In God's presence there is fullness of joy.
- Psalm 40 - A picture of waiting on the Lord, trusting Him, and proclaiming His faithfulness.
- Isaiah 40 - Those who wait on the Lord receive renewed strength.
- Isaiah 58 - God reveals the kind of fasting He desires—fasting that produces transformed lives, compassion, justice, generosity, and obedience.
- Daniel 1 & Daniel 10 - Daniel demonstrates intentional restraint and devotion to God.
- Matthew 4:1–11 - Jesus fasts in the wilderness and responds to temptation with God's Word.
- Matthew 6:16–18 - Jesus teaches us to fast without seeking the recognition of others.
- Matthew 9:14–17 - Jesus teaches His disciples about fasting.
- Luke 4 - Jesus enters the wilderness full of the Holy Spirit and returns in the power of the Spirit.
- Acts 13:2–3 - The early church worships, fasts, and prays as the Holy Spirit gives direction.
- 1 Corinthians 7:5 - Married couples may mutually agree to abstain from intimacy for a limited time to devote themselves to prayer.
- Galatians 5:16–25 - We are called to walk by the Spirit rather than being controlled by the desires of the flesh.