

## Scripture References on Fasting

### Examples:

Moses (Exodus 34:28; Deut. 9:9,18), David (2 Samuel 12:16), Elijah (1 Kings 19:8), Nehemiah (Nehemiah 1:4); Esther (Esther 4:16), Daniel (Daniel 1:12), Anna (Luke 2:37), Paul (Acts 14:23), Jesus (Matthew 4:1-2), the early church (13:2).

### Jesus on Fasting:

Example: Matthew 4:1-2

Teaching: Matthew 6:1-18; Matthew 9:15

### Paul on Fasting:

1 Corinthians 7:5

### Purposes of Fasting:

Zechariah 7:5; 1 Corinthians 6:12; 2 Samuel 12:16; Acts 14:23; Acts 13:2; Daniel 1:12