
Sent: Saturday, May 14, 2022 7:37 AM

Subject: FASTING & PRAYER

FASTING

(Judges 20:26) "¶ Then all the children of Israel, and all the people, went up, and came unto the house of God, and wept, and sat there before the LORD, and fasted that day until even, and offered burnt offerings and peace offerings before the LORD."

1 Samuel 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.

(Daniel 6:18) "¶ Then the king went to his palace, and passed the night fasting: neither were instruments of musick brought before him: and his sleep went from him."

(Daniel 9:3-5) "¶ And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes: {4} And I prayed unto the LORD my God, and made my confession, and said, O Lord, the great and dreadful God, keeping the covenant and mercy to them that love him, and to them that keep his commandments; {5} We have sinned, and have committed iniquity, and have done wickedly, and have rebelled, even by departing from thy precepts and from thy judgments:"

(1 Samuel 7:3-6) "¶ And Samuel spake unto all the house of Israel, saying, If ye do return unto the LORD with all your hearts, then put away the strange gods and Ashtaroath from among you, and prepare your hearts unto the LORD, and serve him only: and he will deliver you out of the hand of the Philistines. {4} Then the children of Israel did put away Baalim and Ashtaroath, and served the LORD only. {5} And Samuel said, Gather all Israel to Mizpeh, and I will pray for you unto the LORD. {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."

(1 Samuel 31:12-13) "All the valiant men arose, and went all night, and took the body of Saul and the bodies of his sons from the wall of Beth-shan, and came to Jabesh, and burnt them there. {13} And they took their bones, and buried them under a tree at Jabesh, and fasted seven days."

(2 Samuel 1:11-12) "Then David took hold on his clothes, and rent them; and likewise all the men that were with him: {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."

(2 Samuel 12:15-16) "¶ And Nathan departed unto his house. And the LORD struck the child that Uriah's wife bare unto David, and it was very sick. {16} David therefore besought God for the child; and David fasted, and went in, and lay all night upon the earth."

(1 Kings 21:9) Jezebel proclaims fast, "And she wrote in the letters, saying, Proclaim a fast, and set Naboth on high among the people:"

(1 Kings 21:12) "They proclaimed a fast, and set Naboth on high among the people."

(1 Kings 21:27) "And it came to pass, when Ahab heard those words, that he rent his clothes, and put sackcloth upon his flesh, and fasted, and lay in sackcloth, and went softly."

(1 Chronicles 10:12) "They arose, all the valiant men, and took away the body of Saul, and the bodies of his sons, and brought them to Jabesh, and buried their bones under the oak in Jabesh, and fasted seven days."

2 Chronicles 20:3 And Jehoshaphat feared, and set himself to seek the Lord , and proclaimed a fast throughout all Judah.

(Ezra 8:21-23) "¶ 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.

{22} For I was ashamed to require of the king a band of soldiers and horsemen to help us against the enemy in the way: because we had spoken unto the king, saying, The hand of our God is upon all them for good that seek him; but his power and his wrath is against all them that forsake him. {23} So we fasted and besought our God for this: and he was intreated of us."

(Nehemiah 1:4-11) "¶ And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven, {5} And said, I beseech thee, O LORD God of heaven, the great and terrible God, that keepeth covenant and mercy for them that love him and observe his commandments: {6} Let thine ear now be attentive, and thine eyes open, that thou mayest hear the prayer of thy servant, which I pray before thee now, day and night, for the children of Israel thy servants, and confess the sins of the children of Israel, which we have sinned against thee: both I and my father's house have sinned. {7} We have dealt very corruptly against thee, and have not kept the commandments, nor the statutes, nor the judgments, which thou commandedst thy servant Moses. {8} Remember, I beseech thee, the word that thou commandedst thy servant Moses, saying, If ye transgress, I will scatter you abroad among the nations: {9} But if ye turn unto me, and keep my commandments, and do them; though there were of you cast out unto the uttermost part of the heaven, yet will I gather them from thence, and will bring them unto the place that I have chosen to set my name there. {10} Now these are thy servants and thy people, whom thou hast redeemed by thy great power, and by thy strong hand. {11} O Lord, I beseech thee, let now thine ear be attentive to the prayer of thy servant, and to the prayer of thy servants, who desire to fear thy name: and prosper, I pray thee, thy servant this day, and grant him mercy in the sight of this man. For I was the king's cupbearer."

(Nehemiah 9:1-3) "Now in the twenty and fourth day of this month the children of Israel were assembled with fasting, and with sackclothes, and earth upon them. {2} And the seed of Israel separated themselves from all strangers, and stood and confessed their sins, and the iniquities of their fathers. {3} And they stood up in their place, and read in the book of the law of the LORD their God one fourth part of the day; and another fourth part they confessed, and worshipped the LORD their God."

(Esther 4:3) for mercy from imminent death "And in every province, whithersoever the king's commandment and his decree came, there was great mourning among the Jews, and fasting, and weeping, and wailing; and many lay in sackcloth and ashes."

(Esther 4:15-16) "¶ Then Esther bade them return Mordecai this answer, {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."

(Esther 9:31) "To confirm these days of Purim in their times appointed, according as Mordecai the Jew and Esther the queen had enjoined them, and as they had decreed for themselves and for their seed, the matters of the fastings and their cry."

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.

(Psalms 69:10-11) "When I wept, and chastened my soul with fasting, that was to my reproach. {11} I made sackcloth also my garment; and I became a proverb to them."

(Psalms 109:24) "My knees are weak through fasting; and my flesh faileth of fatness."

Isaiah 58:3-6 Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. [4] Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. [5] Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread

sackcloth and ashes under him ? wilt thou call this a fast, and an acceptable day to the Lord ? [6] Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

Isaiah 58:7-14 Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? [8] Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy rereward. [9] Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; [10] And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday: [11] And the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not. [12] And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in. [13] If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the Lord, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: [14] Then shalt thou delight thyself in the Lord ; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the Lord hath spoken it.

(Jeremiah 14:12) "When they fast, I will not hear their cry; and when they offer burnt offering and an oblation, I will not accept them: but I will consume them by the sword, and by the famine, and by the pestilence."

(Jeremiah 36:6) "Therefore go thou, and read in the roll, which thou hast written from my mouth, the words of the LORD in the ears of the people in the LORD'S house upon the fasting day: and also thou shalt read them in the ears of all Judah that come out of their cities."

(Jeremiah 36:9) "And it came to pass in the fifth year of Jehoiakim the son of Josiah king of Judah, in the ninth month, that they proclaimed a fast before the LORD to all the people in Jerusalem, and to all the people that came from the cities of Judah unto Jerusalem."

(Joel 1:14) "¶ Sanctify ye a fast, call a solemn assembly, gather the elders and all the inhabitants of the land into the house of the LORD your God, and cry unto the LORD,"

Joel 2:12, 15 for mercy from the antichrist army of the north Jonah 3:5-8 So the people of Nineveh believed God, and proclaimed a fast, and put on sackcloth, from the greatest of them even to the least of them. [6] For word came unto the king of Nineveh, and he arose from his throne, and he laid his robe from him, and covered him with sackcloth, and sat in ashes. [7] And he caused it to be proclaimed and published through Nineveh by the decree of the king and his nobles, saying, Let neither man nor beast, herd nor flock, taste any thing: let them not feed, nor drink water: [8] But let man and beast be covered with sackcloth, and cry mightily unto God: yea, let them turn every one from his evil way, and from the violence that is in their hands.

Zechariah 7:5-6 Speak unto all the people of the land, and to the priests, saying, When ye fasted and mourned in the fifth and seventh month, even those seventy years, did ye at all fast unto me, even to me? [6] And when ye did eat, and when ye did drink, did not ye eat for yourselves, and drink for yourselves ?

(Matthew 4:2-4) "And when he had fasted forty days and forty nights, he was afterward an hungred. {3} And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. {4} But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

(Matthew 6:16-18) "¶ 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."

(Matthew 9:14-17) "¶ 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. {16} No man putteth a piece of new cloth unto an old garment, for that which is put in to fill it up taketh from the garment, and the rent is made worse. {17} Neither do men put new wine into old bottles: else the bottles break, and the wine runneth out, and the bottles perish: but they put new wine into new bottles, and both are preserved."

(Matthew 15:32) "¶ Then Jesus called his disciples unto him, and said, I have compassion on the multitude, because they continue with me now three days, and have nothing to eat: and I will not send them away fasting, lest they faint in the way."

(Matthew 17:19-21) "Then came the disciples to Jesus apart, and said, Why could not we cast him out? {20} And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. {21} Howbeit this kind goeth not out but by prayer and fasting."

Mark 2:18-20 And the disciples of John and of the Pharisees used to fast: and they come and say unto him, Why do the disciples of John and of the Pharisees fast, but thy disciples fast not? [19] And Jesus said unto them, Can the children of the bridechamber fast, while the bridegroom is with them? as long as they have the bridegroom with them, they cannot fast. [20] But the days will come, when the bridegroom shall be taken away from them, and then shall they fast in those days.

(Mark 8:3) "And if I send them away fasting to their own houses, they will faint by the way: for divers of them came from far."

(Mark 9:28-29) "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."

(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."

(Luke 5:33-35) "¶ And they said unto him, Why do the disciples of John fast often, and make prayers, and likewise the disciples of the Pharisees; but thine eat and drink? {34} And he said unto them, Can ye make the children of the bridechamber fast, while the bridegroom is with them? {35} But the days will come, when the bridegroom shall be taken away from them, and then shall they fast in those days."

(Luke 18:11-14) "The Pharisee stood and prayed thus with himself, God, I thank thee, that I am not as other men are, extortioners, unjust, adulterers, or even as this publican. {12} I fast twice in the week, I give tithes of all that I possess. {13} And the publican, standing afar off, would not lift up so much as his eyes unto heaven, but smote upon his breast, saying, God be merciful to me a sinner. {14} I tell you, this man went down to his house justified rather than the other: for every one that exalteth himself shall be abased; and he that humbleth himself shall be exalted."

(Acts 10:30) "And Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing,"

(Acts 13:2-3) "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."

(Acts 14:23) "And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed."

(Acts 27:33) "And while the day was coming on, Paul besought them all to take meat, saying, This day is the fourteenth day that ye have tarried and continued fasting, having taken nothing."

1Cor7:5 marital abstention, 2Cor6:5 ministers, 11:27 Paul did often

2 Corinthians 11:27 In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness.

PRAYER

Matthew 6:5-8 And when thou prayest, thou shalt not be as the hypocrites are : for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward. [6] But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. [7] But when ye pray, use not vain repetitions, as the heathen do : for they think that they shall be heard for their much speaking. [8] Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him. [9] After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. [10] Thy kingdom come. Thy will be done in earth, as it is in heaven. [11] Give us this day our daily bread. [12] And forgive us our debts, as we forgive our debtors. [13] And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.