Times in the Bible
When People Fasted

1. **Before Moses received the 10 commandments from God, he fasted and prayed.** "*Moses was there with the Lord forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant—the Ten Commandments*" (Exodus 34:28 NIV).

2. **David, a man after God's heart and Israel's greatest king, fasted.** "*Passion for your house has consumed me, and the insults of those who insult you have fallen on me. When I weep and fast, they scoff at me*" (Psalm 69:10 NLT).

3. **Daniel, seeking God's timetable for the return of God's people from captivity, fasted.** He also purposed in his heart to abstain from eating the king's meat or his wine. "*Then I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes*" (Daniel 9:3 NKJV).

4. **Esther called a three-day fast for all the Jews before risking her life to save all the Jews in the kingdom.** "*Then Esther sent this reply to Mordecai: 'Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish'*" (Esther 4:15-16 NIV).

5. **Jehosophat called a national fast when threatened by Edom.** "*And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah. So Judah gathered together to ask help from the Lord; and from all the cities of Judah they came to seek the Lord*" (2 Chronicles 20:3-4 NKJV).

6. **Ezra called on the nation to fast before returning to the land.** "*Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions*" (Ezra 8:21 NKJV).

7. **Joel called a national fast regarding a plague of locusts.** "*Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the Lord your God, and cry out to the Lord*" (Joel 1:14 NIV).

8. **Before beginning His earthly ministry, Jesus fasted 40 days and 40 nights.**"*Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, being tempted for forty days by the devil. And in those days He ate nothing, and afterward, when they had ended, He was hungry*" (Luke 4:1-2 NKJV).

9. **The New Testament church fasted and prayed.** There are a number of examples. This is only one of them. "*They preached the gospel in that city and won a large number of disciples. Then they returned to Lystra, Iconium and Antioch, strengthening the disciples and encouraging them to remain true to the faith. 'We must go through many hardships to enter the kingdom of God,' they said. Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust*" (Acts 14:21-23 NIV).

10. **Paul fasted following his conversion on the Damascus Road.** "*And the men who journeyed with him stood speechless, hearing a voice but seeing no one. Then Saul arose from the ground, and when his eyes were opened he saw no one. But they led him by the hand and brought him into Damascus. And he was three days without sight, and neither ate nor drank*" (Acts 9:7 NKJV).