

Fasting

Fast, tsom (tsohm) – a day of fasting, a time set aside to mourn or pray with no provision for ones normal food need. Fasting is a voluntary denial of food. In the Old Testament, the verb fast is sometimes coupled with the words “weep, mourn, or lay in sackcloth,” all expressing intensity. Fasting is an action contrary to the first act of sin in the human race, which was eating what was forbidden. Fasting is refusing to eat what is allowed.

EXODUS 34:28	NEHEMIAH 9:1	MATTHEW 6:16-18
DEUTERONOMY CH, 9	ESTHER 4:3-17	MATTHEW 9:14-15
DEUTERONOMY 29:1-6	PSALMS 35:11-14	MATTHEW 15:32
JUDGES 20:26	PSALMS 69:10	MATTHEW 17:15-21
I SAMUEL CH, 1	ISAIAH CH, 58	MARK 2:18-20
I SAMUEL 7:6	JEREMIAH 36:6-9	MARK 9:14-29
I SAMUEL 20:32-42	DANIEL 1:8-21	LUKE 2:36-38
I SAMUEL 31:13	DANIEL 9:1-19	LUKE 4:1-13
2 SAMUEL 1:1-12	DANIEL CH, 10	ACTS 9:1-22
2 SAMUEL 12:16-23	JOEL 1:4	ACTS 10:24-33
I KINGS 21:25-29	JOEL 2:12-14	ACTS 13:2-3
2 CHRONICLES 20:3	JONAH CH, 3	ACTS 14:21-28
EZRA 8:21-23	ZECHARIAH 7:1-7	I CORINTHIANS 7:5
EZRA 10:6	ZECHARIAH 8:18-19	2 CORINTHIANS 6:1-10
NEHEMIAH CH, 1	MATTHEW 4:2	