

Examples of Fasting in the Bible

In times of war:

The Benjamites fasted and defeated the other Israelites. Judges 20:26

Repentance:

The King of Nineveh ordered the whole city to fast and repent. Consequently, they were forgiven of their sin. Jonah 3:5

Darius, The king of Persia, fasted and prayed all night after placing Daniel in the lions' den. Daniel 6:18

When facing danger:

Ezra fasted as he prayed for wisdom and protection when he prepared the people to return to Jerusalem from Babylon. Ezra 8:21, 23

Courage and Wisdom

Esther and the Jews of Shushan fasted when faced with their destruction planned by Haman. Esther 4:3,16; 9:31

In times of grief

A seven-day fast was held when the bones of Saul and his sons were buried. 1 Samuel 31:13; 1 Chronicles 10:12

In times of distress

David fasted after hearing that Saul and Jonathan were dead. 2 Samuel 1:12

Ultimate denial of the flesh

Jesus fasted 40 days and 40 nights before being tempted by Satan. Matthew 4:2

Spiritual Power

Jesus said this kind can come out by nothing but prayer and fasting. Mark 9:29

Wisdom

Paul and Barnabas prayed and fasted at the appointment of elders for the churches. Acts 14:23

Set aside self for holiness

Paul suggested that husbands and wives abstain from sexual relations to give themselves to fasting and prayer. 1 Corinthians 7:5

Answered prayer

Cornelius fasted four days, after which time an angel appeared to him. Consequently, he and his family received the gospel and were baptized. Acts 10:30-31

Mourning

During his time of mourning, Daniel fasted three weeks, after which time he received a vision. Daniel 10:1-3

Special revelation

Moses fasted for 40 days and received the law. Exodus 34:27-28

Spiritual Recuperation

Elijah fasted 40 days after killing prophets of Baal. 1 Kings 19:1-9