



Fasting

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John 4:31-34

Isaiah 58:3-10

Matthew 6:16-18

³¹In the meantime His disciples urged Him, saying, “Rabbi, eat.”

³²But He said to them, “I have food to eat of which you do not know.”

³³Therefore the disciples said to one another, “Has anyone brought Him anything to eat?”

³⁴Jesus said to them, “My food is to do the will of Him who sent Me, and to finish His work.

John 4:31-34 (NKJV)

**You will not fast as you do this day,
To make your voice heard on high.**

**⁵Is it a fast that I have chosen,
A day for a man to afflict his soul?
Is it to bow down his head like a
bulrush,
And to spread out sackcloth and
ashes?**

**Would you call this a fast,
And an acceptable day to the LORD?**

Isaiah 58:3-5 (NKJV)

**⁶“Is this not the fast that I have
chosen:**

**To loose the bonds of wickedness,
To undo the heavy burdens,
To let the oppressed go free,
And that you break every yoke?**

**⁷Is it not to share your bread with
the hungry,
And that you bring to your house the
poor who are cast out;
When you see the naked,**

**that you cover him,
And not hide yourself from your own
flesh?**

**⁸Then your light shall break forth like
the morning,
Your healing shall spring forth speedily,
And your righteousness shall go before
you;
The glory of the LORD shall be your rear
guard.**

Isaiah 58:6-8 (NKJV)

**‘Then you shall call, and the LORD
will answer;
You shall cry, and He will say, ‘Here I
am.’**

**“If you take away the yoke from
your midst,
The pointing of the finger, and
speaking wickedness,**

**¹⁰If you extend your soul to the
hungry
And satisfy the afflicted soul,**

**Then your light shall dawn in the
darkness,
And your darkness shall be as the
noonday.**

Isaiah 58:9-10 (NKJV)

¹⁶“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. ¹⁷But you, when you fast, anoint your head and wash your face, ¹⁸so that you do not appear to men to be fasting, but to your Father who is in the secret place;

**and your Father who sees in secret
will reward you openly.**

Matthew 6:16-18 (NKJV)