

Fasting

Matthew 4:1-2: *Then Jesus was led by the Spirit into the desert to be tempted by the devil. ² He fasted for forty days and forty nights, and afterwards he was hungry. ³ The tempter approached and said to him, "If you are the Son of God, command that these stones become loaves of bread." ⁴ He said in reply, "It is written: 'One does not live by bread alone, but by every word that comes forth from the mouth of God.'"*

Matthew 6:16-18: *"When you fast,[l] do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting. Amen, I say to you, they have received their reward. ¹⁷ But when you fast, anoint your head and wash your face, ¹⁸ so that you may not appear to others to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you."*

Joel 2:12: *Yet even now return to me with your whole heart, with fasting, weeping, and mourning.*