

Bible Insights

15.3.2013

All believers are supposed to fast, but no regulations or set rules are given as to how long or how often. That is determined by an individual's desire and needs. (Matthew 9:14-15; 1-Corinthians 7:5; Acts 13:1-5). As a general guide, the believers should fast when under chastening (2-Samuel 12:16-23); under judgment (1-Kings 21:27); in need (Ezra 8:21); in danger (Esther 4); when worried (Daniel 6:18); in trouble (Acts 27:9 & 33); in spiritual conflict (Matthew 4:1-11) and when desperate in prayer (Acts 9).

Here is a comprehensive list of **35 Bible Fasts** found in the Scriptures:

	<u>Who Fasted</u>	<u>Length</u>	<u>Reference</u>
1.	Ahab	?	1-Kings 21:27-29
2.	Judah	?	2-Chronocles 20:1-25
3.	Judah	?	Ezra 8:21-23
4.	Ezra	?	Ezra 10:6-17
5.	Nineveh	?	Jonah 3
6.	Jews	?	Esther 4:1-3 & 9:1-3
7.	David	?	Psalms 35:13; 69:10; 109:24
8.	John the Baptist's disciples	?	Matthew 9:14-15
9.	Anna	?	Luke 2:37
10.	Nehemiah	?	Nehemiah 1:4—2:10
11.	Church at Antioch	?	Acts 13:1-5
12.	Paul	?	Acts 27:9_11
13.	Cornelius	?	Acts 10
14.	Many Churches	?	Acts 14:23
15.	Paul	?	2-Corinthians 6:5 & 11:27
16.	David	1 day	2-Samuel 3:35
17.	Judah	1 day	Nehemiah 9:1-4
18.	Judah	1 day	Jeremiah 36:6
19.	Daniel	1 day	Daniel 9:3 and 20-27
20.	Pharisee	1 day	Luke 18: 9-14
21.	Israel	1 day	Judges 20: 26-35
22.	Israel	1 day	1-Samuel 7:6-14
23.	David	1 day	2-Samuel 1:12
24.	Darius	1 night	Daniel 6:18-24
25.	Esther and Mordecai	3 days	Esther 4:13—9:3
26.	Many people	3 days	Matthew 15:32-39
27.	Paul	3 days	Acts 9:9 & 17
28.	David	7 days	2-Samuel 12:16—23
29.	Israel	7 days	1-Samuel 31:13
30.	Paul and 276 men	14 days	Acts 27:33-34
31.	Daniel	21 days	Daniel 10:3—13
32.	Moses	40 days	Deuteronomy 9:9—10:10
33.	Joshua	40 days	Exodus 24:13-18 & 32:15-17
34.	Elijah	40 days	1-Kings 19: 7-18
35.	Jesus Christ	40 days	Matthew 4:1-11