

# Fasting and Scripture Memory Cards

Matthew 6:17-18 - "But when you fast, anoint your head and wash your face, so that you do not appear to others to be fasting, but to your Father who is in secret. And your Father who sees in secret will reward you."	Isaiah 58:6 - "Is not this 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?"
Isaiah 40:31 - "But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."	Matthew 4:4 - "But he answered and said, 'It is written, "Man shall not live by bread alone, but by every word that proceeds out of the mouth of God.'"
Psalms 63:1 - "O God, you are my God; early will I seek you: my soul thirsts for you, my flesh longs for you in a dry and thirsty land, where no water is."	Psalms 35:13 - "But as for me, when they were sick, my clothing was sackcloth; I humbled myself with fasting; and my prayer would return to my own bosom."
Psalms 69:10 - "When I wept and chastened my soul with fasting, that was to my reproach."	Psalms 51:17 - "The sacrifices of God are a broken spirit, a broken and contrite heart—these, O God, you will not despise."
1 Corinthians 7:5 - "Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control."	Joel 2:12 - "Yet even now, declares the Lord, return to me with all your heart, with fasting, with weeping, and with mourning."
Ezra 8:21-23 - "Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods. For I was ashamed to ask the king for a band of soldiers and horsemen to protect us against the enemy on our way, since we had told the king, 'The hand of our God is for good on all who seek him, and the power of his wrath is against all who forsake him.' So we fasted and implored our God for this, and he listened to our entreaty."	Isaiah 55:6-7 - "Seek the Lord while he may be found; call upon him while he is near; let the wicked forsake his way, and the unrighteous man his thoughts; let him return to the Lord, that he may have compassion on him, and to our God, for he will abundantly pardon."
1 Corinthians 9:27 - "But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified."	Psalms 73:25-26 - "Whom have I in heaven but you? And there is nothing on earth that I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever."

<p>James 4:8 - "Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded."</p>	<p>Isaiah 58:3-5 - "Why have we fasted, and you see it not? Why have we humbled ourselves, and you take no knowledge of it? Behold, in the day of your fast you seek your own pleasure, and oppress all your workers. Behold, you fast only to quarrel and to fight and to hit with a wicked fist. Fasting like yours this day will not make your voice to be heard on high."</p>
<p>Exodus 34:28 28 Moses was there with the LORD forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant—the Ten Commandments.</p>	<p>Hebrews 11:6 6 And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.</p>
<p>Nehemiah 9:1-2 1 On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and having dust on their heads. 2 Those of Israelite descent had separated themselves from all foreigners. They stood in their places and confessed their sins and the wicked things they had done.</p>	<p>"Sanctify a fast; call a solemn assembly. Gather the elders and all inhabitants of the land to the house of Lord your God; and cry out to Lord."</p>