**Scriptures to Read During A Fast**

1. *“Let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water.”* **(Hebrews 10:22 ESV)**
2. *“You will seek me and find me, when you seek me with all your heart.”*

**(Jeremiah 29:13 ESV)**

1. *“Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.”* **(James 4:8 ESV)**
2. *“Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting and sackcloth and ashes.”* **(Daniel 9:3 ESV)**
3. *“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.”* (Matthew 5:6 ESV)
4. *“Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?* **(Isaiah** **58:6 ESV)**
5. *“But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.”* **(Matthew 6:17-18 ESV)**
6. *“Watch and pray so that you will not fall into temptation. The spirit is willing but the flesh is weak.”* (**Matthew 26:41 NIV**)
7. *“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”* (**Matthew 7:7 NIV**)

Fasting gives us an opportunity to turn away from the mistakes we’ve made, renew our minds, and come into a closer relationship with God. This is one way to humble yourself before God and recommit yourself to following Him and trusting Him with your whole heart.

Remember that the purpose of fasting is to seek God. Fasting will deny what our flesh wants and stir up a spiritual hunger that God will satisfy. During your fast, you should be expectant for God to draw near and reward you.