Lenten Bible Reading Fasting

- 1. Isaiah 58:6-12, "Is this not the fast which I choose, To loosen the bonds of wickedness, To undo the bands of the yoke, And to let the oppressed go free And break every yoke? 7 "Is it not to divide your bread with the hungry And bring the homeless poor into the house; When you see the naked, to cover him; And not to hide yourself from your own flesh? 8 "Then your light will break out like the dawn, And your recovery will speedily spring forth; And your righteousness will go before you; The glory of the Lord will be your rear guard. 9 "Then you will call, and the Lord will answer; You will cry, and He will say, 'Here I am.' If you remove the yoke from your midst, The pointing of the finger and speaking wickedness, 10 And if you give yourself to the hungry And satisfy the desire of the afflicted, Then your light will rise in darkness And your gloom will become like midday. 11 "And the Lord will continually guide you, And satisfy your desire in scorched places, And give strength to your bones; And you will be like a watered garden, And like a spring of water whose waters do not fail. 12 "Those from among you will rebuild the ancient ruins; You will raise up the age-old foundations; And you will be called the repairer of the breach, The restorer of the streets in which to dwell."
- 2. Joel 2:12-13, "Yet even now,' declares the Lord, 'Return to Me with all your heart, And with fasting, weeping and mourning; 13 And rend your heart and not your garments.' Now return to the Lord your God, For He is gracious and compassionate, Slow to anger, abounding in lovingkindness And relenting of evil."
- 3. Matthew 6:16-18, "16 Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. 17 But you, when you fast, anoint your head and wash your face 18 so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you."
- **4. Ezra 10:6**, "Then Ezra rose from before the house of God and went into the chamber of Jehohanan the son of Eliashib. Although he went there, he did not eat bread nor drink water, for he was mourning over the unfaithfulness of the exiles."
- **5. Matthew 9:15**, "And Jesus said to them, "The attendants of the bridegroom cannot mourn as long as the bridegroom is with them, can they? But the days will come when the bridegroom is taken away from them. and then they will fast."
- **6. Matthew 4:1-2**, "Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. 2 And after He had fasted forty days and forty nights, He then became hungry."
- **7. Daniel 9:3**, "So I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting, sackcloth and ashes."
- **8. Ezra 8:21**, "Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God to seek from Him a safe journey for us, our little ones, and all our possessions."
- **9. Nehemiah 1:4**, "When I heard these words, I sat down and wept and mourned for days; and I was fasting and praying before the God of heaven."
- **10. Acts 14:23**, "When they had appointed elders for them in every church, having prayed with fasting, they commended them to the Lord in whom they had believed."

Prayer

- 11. I Thessalonians 5:17, "Pray without ceasing."
- **12. Romans 8:26**, "In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words."
- 13. Matthew 6:5-6, ""When you pray, you are not to be like the hypocrites; for they love to stand and pray in the synagogues and on the street corners so that they may be seen by men. Truly I say to you, they have their reward in full. 6 But you, when you pray, go into your inner room, close your door and pray to your Father who is in secret, and your Father who sees what is done in secret will reward you."
- 14. Matthew 6:7-14, ""And when you are praying, do not use meaningless repetition as the Gentiles do, for they suppose that they will be heard for their many words. 8 So do not be like them; for your Father knows what you need before you ask Him. 9 "Pray, then, in this way: 'Our Father who is in heaven, Hallowed be Your name. 10 'Your kingdom come. Your will be done, On earth as it is in heaven. 11 'Give us this day our daily bread. 12 'And forgive us our debts, as we also have forgiven our debtors. 13 'And do not lead us into temptation, but deliver us from evil. [For Yours is the kingdom and the power and the glory forever. Amen.'] 14 For if you forgive others for their transgressions, your heavenly Father will also forgive you. 15 But if you do not forgive others, then your Father will not forgive your transgressions."
- **15. James 5:16**, "Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much."
- **16. Matthew 26:41**, "Keep watching and praying that you may not enter into temptation; the spirit is willing, but the flesh is weak."
- 17. Ephesians 6:18-19, "With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints, 19 and pray on my behalf, that utterance may be given to me in the opening of my mouth, to make known with boldness the mystery of the gospel."
- **18. I Timothy 2:1-2**, "First of all, then, I urge that entreaties and prayers, petitions and thanksgivings, be made on behalf of all men, 2 for kings and all who are in authority, so that we may lead a tranquil and quiet life in all godliness and dignity."
- 19. Colossians 4:2, "Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving."
- **20. Philippians 4:6**, "Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

Repentance

- **21. Leviticus 5:5**, "So it shall be when he becomes guilty in one of these, that he shall confess that in which he has sinned."
- 22. Luke 13:3, "I tell you, no, but unless you repent, you will all likewise perish."
- **23. I John 1:9**, "If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness."
- **24. Proverbs 28:13**, "He who conceals his transgressions will not prosper, But he who confesses and forsakes them will find compassion."
- **25. Psalm 32:5**, "I acknowledged my sin to You, And my iniquity I did not hide; I said, 'I will confess my transgressions to the Lord;' And You forgave the guilt of my sin."
- **26. Acts 17:30-31**, "Therefore having overlooked the times of ignorance, God is now declaring to men that all people everywhere should repent, 31 because He has fixed a day in which He will judge the world in righteousness through a Man whom He has appointed, having furnished proof to all men by raising Him from the dead."
- **27. James 4:7-10**, "Submit therefore to God. Resist the devil and he will flee from you. 8 Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. 9 Be miserable and mourn and weep; let your laughter be turned into mourning and your joy to gloom. 10 Humble yourselves in the presence of the Lord, and He will exalt you."
- 28. Psalm 38:18, "For I confess my iniquity; I am full of anxiety because of my sin."
- **29. II Peter 3:9**, "The Lord is not slow about His promise, as some count slowness, but is patient toward you, not wishing for any to perish but for all to come to repentance."
- **30.** Acts 11:18, "When they heard this, they quieted down and glorified God, saying, "Well then, God has granted to the Gentiles also the repentance that leads to life."

Righteous Living

- **31. Matthew 5:20**, "For I say to you that unless your righteousness surpasses that of the scribes and Pharisees, you will not enter the kingdom of heaven."
- **32. Matthew 3:8**, "Therefore bear fruit in keeping with repentance."
- **33. Ephesians 4:22-24**, "Lay aside the old self, which is being corrupted in accordance with the lusts of deceit, 23 and that you be renewed in the spirit of your mind, 24 and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth."
- **34. I John 3:7-8**, "Little children, make sure no one deceives you; the one who practices righteousness is righteous, just as He is righteous; 8 the one who practices sin is of the devil; for the devil has sinned from the beginning. The Son of God appeared for this purpose, to destroy the works of the devil."
- **35. Galatians 5:22-25**, "the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law. 24 Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 If we live by the Spirit, let us also walk by the Spirit."
- 36. Psalm 106:3, "How blessed are those who keep justice, Who practice righteousness at all times!"
- **37. II Timothy 2:22**, "Now flee from youthful lusts and pursue righteousness, faith, love and peace, with those who call on the Lord from a pure heart."
- **38. I John 5:18**, "We know that no one who is born of God sins; but He who was born of God keeps him, and the evil one does not touch him."
- 39. Ezekiel 18:5-9, "But if a man is righteous and practices justice and righteousness, 6 and does not eat at the mountain shrines or lift up his eyes to the idols of the house of Israel, or defile his neighbor's wife or approach a woman during her menstrual period—7 if a man does not oppress anyone, but restores to the debtor his pledge, does not commit robbery, but gives his bread to the hungry and covers the naked with clothing, 8 if he does not lend money on interest or take increase, if he keeps his hand from iniquity and executes true justice between man and man, 9 if he walks in My statutes and My ordinances so as to deal faithfully—he is righteous and will surely live," declares the Lord God."
- **40. Ephesians 6:10-17**, "Be strong in the Lord and in the strength of His might. 11 Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. 12 For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. 13 Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. 14 Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness, 15 and having shod your feet with the preparation of the gospel of peace; 16 in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one. 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God.."