

# Vasten

## De eerste keer

Exodus 34:28 En hij was daar bij de Here veertig dagen en veertig nachten, brood at hij niet en water dronk hij niet, en Hij schreef op de tafelen de woorden van het verbond, de Tien Woorden.

Richteren 20:26 Daarop trokken alle Israëlieten, het gehele volk op, en kwamen te Betel; daar bleven zij wenen voor het aangezicht des Heren, vastten op die dag tot de avond en offerden brandoffers en vredeoffers voor het aangezicht des Heren.

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Judges 20:26 HEB: הָיָה לַפָּנִי יְהוָה וַיִּצְוֵמוּ בַיּוֹם הַהוּא NAS: the LORD and fasted that day KJV: the LORD, and fasted that day INT: before the LORD and fasted day he  
 1 Samuel 7:6 HEB: הָיָה לַפָּנִי יְהוָה וַיִּצְוֵמוּ בַיּוֹם הַהוּא NAS: the LORD, and fasted on that day KJV: the LORD, and fasted on that day, INT: before the LORD and fasted day he

1 Samuel 31:13 HEB: וַיִּצְמוּ שִׁבְעַת יָמִים: הָאֵשֶׁל בַּיַּבֶּשֶׁה וַיִּצְמוּ שִׁבְעַת יָמִים: NAS: at Jabesh, and fasted seven KJV: at Jabesh, and fasted seven INT: the tamarisk Jabesh and fasted seven days

2 Samuel 1:12 HEB: וַיִּסְפְּדוּ וַיִּבְכּוּ וַיִּצְמוּ עַד-הָעֶרֶב NAS: and wept and fasted until KJV: and wept, and fasted until even, INT: mourned and wept and fasted until evening

2 Samuel 12:16 HEB: וַיֵּצֵא דָוִד לְצֹם בְּעַד הַנֶּעֱר וַיִּצֵּם דָּוִד לְצֹם NAS: and David fasted and went KJV: and David fasted, and went in, INT: for the child fast and David fast

2 Samuel 12:21 HEB: הֲיָיָה חַי צִמְתָּ וַתִּבְדַּד וְכִאֲשֶׁר NAS: was alive, you fasted and wept; KJV: [is] this that thou hast done? thou didst fast and weep INT: the child was alive fasted and wept after

2 Samuel 12:22 HEB: הֲיָיָה חַי צִמְתִּי וְאֲבָקָה כִּי הֲיָיָה חַי הַיֶּלֶד NAS: was [still] alive, I fasted and wept; KJV: was yet alive, I fasted and wept: INT: the child was alive fasted and wept for

2 Samuel 12:23 HEB: הֲיָיָה אֲנִי צֹם הֲיָיָה חַי הַיֶּלֶד לְהַשִּׁיבּוֹ NAS: why should I fast? Can KJV: But now he is dead, wherefore should I fast? can INT: he I fast can bring

1 Kings 21:27 HEB: וַיִּשְׁכַּב בַּשֹּׁקַע וַיִּצְוֵם וַיִּשְׁכַּב בַּשֹּׁקַע NAS: on sackcloth and fasted, and he lay KJV: upon his flesh, and fasted, and lay INT: upon his flesh and fasted lay sackcloth

1 Chronicles 10:12 HEB: וַיִּצְמוּ שִׁבְעַת יָמִים: בַּיַּבֶּשֶׁה וַיִּצְמוּ שִׁבְעַת יָמִים: NAS: in Jabesh, and fasted seven KJV: in Jabesh, and fasted seven INT: the oak Jabesh and fasted seven days

Ezra 8:23 HEB: וַנִּצְוֶמָה וַנִּבְקֶשׂה מֵאֱלֹהֵינוּ NAS: So we fasted and sought our God KJV: So we fasted and besought our God INT: fasted and sought our God

Nehemiah 1:4 HEB: וַיִּצְוֵם וַיִּתְפַּלֵּל לְפָנָי יָמִים וַיִּצְוֵם וַיִּתְפַּלֵּל לְפָנָי NAS: for days; and I was fasting and praying KJV: [certain] days, and fasted, and prayed INT: days become was fasting and praying before

Esther 4:16 HEB: וְאַל-וְצוּמוּ עָלַי וְאַל-בְּשׁוּשַׁן וְצוּמוּ לִי בְּשׁוּשַׁן וְאַל-אֲכֹלוּ KJV: in Shushan, and fast ye for me, and neither eat INT: are found Susa and fast and not

Esther 4:16 HEB: וְכִכְוּ אֲנִי וְנַעֲרֹתַי אֲצִיּוּם כְּכִכְוּ KJV: I also and my maidens will fast likewise; and so INT: and maidens will fast the same way

Isaiah 58:3 HEB: לָמָּה צִמְנוּ וְלֹא רָאִיתָ NAS: Why have we fasted and You do not see? KJV: Wherefore have we fasted, [say they], and thou seest INT: Why fasted and thou seest

Isaiah 58:4 HEB: לִרְיִב וּמִצָּה תִצְוּמוּ וְלִהְכֹת בְּאִגְרֵיךָ NAS: Behold, you fast for contention KJV: Behold, ye fast for strife and debate, INT: contention and strife fast strike fist

Isaiah 58:4 HEB: לֹא-תִצְוּמוּ כִּי־וַיִּשְׁמִיעַ NAS: fist. You do not fast like [you do] today KJV: of wickedness: ye shall not fast as [ye do this] day, INT: A wicked not fast today to make

Jeremiah 14:12 HEB: כִּי יִצְמוּ אֲיַנְנִי שִׁמְעֵלַע NAS: When they fast, I am not going to listen KJV: When they fast, I will not hear INT: When fast I am not to listen

Zechariah 7:5 HEB: כִּי-צִמְתֶּם וְסָדוּד בְּהִמְיָשִׁי NAS: When you fasted and mourned KJV: saying, When ye fasted and mourned INT: Say When fasted and mourned the fifth

Zechariah 7:5 HEB: אֲנִי: שְׁבַע־עִים שָׁנָה הִצְוִם צִמְתִּנִּי אֲנִי: NAS: years, was it actually for Me that you fasted? KJV: years, did ye at all fast INT: seventy years actually fasted I

Zechariah 7:5 HEB: אֲנִי: שְׁבַע־עִים שָׁנָה הִצְוִם צִמְתִּנִּי אֲנִי: NAS: was it actually for Me that you fasted? KJV: did ye at all fast unto me, [even] to me? INT: years actually fasted I

21 Occurrences

Strong's Hebrew 6684 21 Occurrences

2 Samuel 12:16 HEB: וַיֵּצֵא דָוִד לַיְלָה וַיִּצְוֶה אֶת-דָּוִד וַיִּצְוֶה אֶת-דָּוִד וַיִּצְוֶה אֶת-דָּוִד NAS: fast and David fast and went night

1 Kings 21:9 HEB: וְהוֹשִׁיבוּ אֶת-צֹם קְרָאוּ NAS: Proclaim a fast and seat KJV: Proclaim a fast, and set INT: saying Proclaim A fast and seat Naboth

1 Kings 21:12 HEB: וְהוֹשִׁיבוּ אֶת-צֹם קְרָאוּ NAS: They proclaimed a fast and seated KJV: They proclaimed a fast, and set INT: proclaimed A fast and seated Naboth

2 Chronicles 20:3 HEB: וַיִּקְרָא לַיהוָה וַיִּקְרָא-צֹם עַל-כָּל-יִשְׂרָאֵל NAS: and proclaimed a fast throughout KJV: and proclaimed a fast throughout INT: the LORD and proclaimed A fast throughout all

Ezra 8:21 HEB: הִנָּהרָה עַל-הַנָּהָר וַאֲקָרָא שָׁם צֹם עַל-הַנָּהָר NAS: Then I proclaimed a fast there KJV: Then I proclaimed a fast there, at the river INT: proclaimed there A fast at the river

Nehemiah 9:1 HEB: וַיִּשְׁרְאוּ בְּצֹם וּבְשִׁמְשֵׁי וַאֲדָמָה בְּנֵי-יִשְׂרָאֵל NAS: assembled with fasting, in sackcloth KJV: were assembled with fasting, and with sackclothes, INT: the sons of Israel fasting sackcloth dirt

Esther 4:3 HEB: וּבְכִי וּמְסַפְּדִים וּצְוִם לְיִהוּדִים וְצוּמוּ וּבְכִי וּמְסַפְּדִים NAS: among the Jews, with fasting, weeping KJV: among the Jews, and fasting, and weeping, INT: great the Jews fasting weeping and wailing

Esther 9:31 HEB: וְזָמְנוֹת וְזַעֲקָתָם: NAS: with instructions for their times of fasting and their lamentations. KJV: the matters of the fastings and their cry. INT: their descendants instructions their times and their lamentations

Psalms 35:13 HEB: וְתַפְלֹתַי וְנַפְשִׁי בְצוֹם נַפְשִׁי וְתַפְלֹתַי NAS: my soul with fasting, And my prayer KJV: my soul with fasting; and my prayer INT: was sackcloth humbled fasting my soul and my prayer

Psalms 69:10 HEB: וְנַפְשִׁי וְתַהִי בְצוֹם נַפְשִׁי וְתַהִי NAS: in my soul with fasting, It became KJV: [and chastened] my soul with fasting, that was to my reproach. INT: wept fasting my soul became

Psalms 109:24 HEB: וְכַחַשׁ וְכַחַשׁ וְכַחַשׁ וְכַחַשׁ NAS: are weak from fasting, And my flesh KJV: are weak through fasting; and my flesh INT: my knees are weak fasting and my flesh has grown

Isaiah 58:3 HEB: הֲיִמְצָאֶנּוּ בְיוֹם צִמּוּמְכֶם תִּמְצְאוּ- הֲיִמְצָאֶנּוּ NAS: on the day of your fast you find KJV: Behold, in the day of your fast ye find INT: behold the day of your fast find desire

Isaiah 58:5 HEB: הֲיִמְצָאֶנּוּ יְהִי צוֹם אֲבַחְרֶהוּ יוֹם NAS: Is it a fast like this KJV: Is it such a fast that I have chosen? INT: this is it A fast choose A day

Isaiah 58:5 HEB: הֲיִמְצָאֶנּוּ תִקְרָא צוֹם וְיוֹם רְצוֹן NAS: this a fast, even an acceptable KJV: this a fast, and an acceptable INT: this call A fast day an acceptable

Isaiah 58:6 HEB: הֲיִמְצָאֶנּוּ זֶה צוֹם אֲבַחְרֶהוּ פִתְחֵי NAS: Is this not the fast which I choose, KJV: [Is] not this the fast that I have chosen? INT: not is this the fast choose to loosen

Jeremiah 36:6 HEB: וְגַם בְּאָזְנֵי הַבַּיִת בְּיוֹם צוֹם NAS: house on a fast day. KJV: house upon the fasting day: INT: the LORD'S day A fast and also the ears

Jeremiah 36:9 HEB: הִתְשַׁעֵי קִרְאוּ צוֹם לִפְנֵי יְהוָה NAS: proclaimed a fast before KJV: [that] they proclaimed a fast before INT: the ninth proclaimed A fast before the LORD

Daniel 9:3 HEB: וְשִׁק וְנֶאֱפָר: וְתַפְלָה וְתַחֲנוּנִים בְּצוֹם וְשִׁק וְנֶאֱפָר: NAS: and supplications, with fasting, sackcloth KJV: and supplications, with fasting, and sackcloth, INT: prayer and supplications fasting sackcloth and ashes

Joel 1:14 HEB: קְדָשׁוּ- צוֹם קְרָאוּ עֲצֹרָה NAS: Consecrate a fast, Proclaim KJV: Sanctify ye a fast, call INT: Consecrate A fast Proclaim A solemn

Joel 2:12 HEB: וּבְכָל- לִבְבְּכֶם וּבְצוֹם וּבְבִכּוֹי וּבְמִסְפָּד: NAS: your heart, And with fasting, weeping KJV: ye [even] to me with all your heart, and with fasting, and with weeping, INT: all your heart fasting weeping and mourning

Joel 2:15 HEB: קְדָשׁוּ- צוֹם קְרָאוּ עֲצֹרָה: NAS: Consecrate a fast, proclaim KJV: sanctify a fast, call INT: Zion Consecrate A fast proclaim A solemn

Jonah 3:5 HEB: וַיִּקְרְאוּ- צוֹם וַיִּלְבְּשׁוּ שִׁמְרִים NAS: and they called a fast and put KJV: and proclaimed a fast, and put INT: God called A fast and put sackcloth

Zechariah 8:19 HEB: יְהוָה צְבָאוֹת צוֹם הָרְבִיעִי וְצוֹם NAS: of hosts, 'The fast of the fourth, KJV: of hosts; The fast of the fourth INT: the LORD of hosts the fast of the fourth the fast

Zechariah 8:19 HEB: וְצוֹם הָרְבִיעִי וְצוֹם הַחֲמִישִׁי וְצוֹם NAS: of the fourth, the fast of the fifth, KJV: of the

fourth [month], and the fast of the fifth, INT: the fast of the fourth the fast of the fifth the fast

Zechariah 8:19 HEB: וְצוֹם הַחֲמִישִׁי וְצוֹם הַשְּׁבִיעִי וְצוֹם הַחֲמִישִׁי NAS: of the fifth, the fast of the seventh KJV: of the fifth, and the fast of the seventh, INT: the fast of the fifth the fast of the seventh and the fast

Zechariah 8:19 HEB: וְצוֹם הַחֲמִישִׁי וְצוֹם הַעֲשִׂירִי וְצוֹם הַחֲמִישִׁי NAS: of the seventh and the fast of the tenth KJV: of the seventh, and the fast of the tenth, INT: the fast of the seventh and the fast of the tenth will become

## Waarvoor vasten

1. Gods leiding zoeken Mozes was daar veertig dagen en veertig nachten bij de Heer zonder brood te eten of water te drinken. En hij schreef op de tafels de woorden van het verbond - de tien geboden.

-Exodus 34:28

2. Vasten voor nederigheid ... Ik heb een vasten afgekondigd, zodat we ons zouden vernederen voor onze God en hem zouden vragen om een veilige reis voor ons en onze kinderen, met al onze bezittingen ... Dus we vastten en smeekten onze God hierover, en hij verhoorde ons gebed.

-Ezra 8:21-23

3. Vasten voor vrijheid "Is dit niet het soort vasten dat ik heb gekozen: om de ketenen van onrecht los te maken

en maak de koorden van het juk los,

om de onderdrukten te bevrijden

en elk juk breken?

- Jesaja 58:6

4. Keer met berouw terug naar God "Zelfs nu", zegt de Heer,

"Keer terug naar mij met heel je hart,  
met vasten en wenen en rouwen."

Joël 2:12

5. Vast voor intimiteit met God, niet voor lof van mensen "Als je vast, kijk dan niet somber zoals de hypocrieten doen, want ze verminken hun gezicht om anderen te laten zien dat ze aan het vasten zijn. Voorwaar, ik zeg u, zij hebben hun beloning volledig ontvangen. Maar als je vast, smeet dan olie op je hoofd en was je gezicht, zodat het voor anderen niet duidelijk is dat je vast, maar alleen voor je Vader, die onzichtbaar is; en uw Vader, die ziet wat er in het geheim wordt gedaan, zal u belonen."

-Matteüs 6:16-18

6. Groei in geestelijke kracht Na veertig dagen en veertig nachten gevast te hebben, had hij [Jezus] honger.

## Mattheüs 4:2

7. De leiding van de Heilige Geest zoeken Dus nadat ze hadden gevast en gebeden, legden ze hun handen op hen en stuurden ze weg.

## Handelingen 13:3

8. Bidden en vasten ..en toen was ze weduwe tot ze vierentachtig was. Ze verliet de tempel nooit, maar aanbad dag en nacht, vastend en biddend.

-Lucas 2:37

9. Bevrijding Dit geslacht vaart niet uit dan door bidden en vasten.

- Matthéüs 17:21

## Waarom niet vasten

1. Nieuwe wijn in nieuwe wijnzakken Toen kwamen de discipelen van Johannes en vroegen hem: "Hoe komt het dat wij en de Farizeeën vaak vasten, maar uw discipelen niet?" Jezus antwoordde: "Hoe kunnen de gasten van de bruidegom treuren terwijl hij bij hen is? De tijd zal komen dat de bruidegom van hen zal worden weggenomen; dan zullen ze vasten. "Niemand naait een lap ongekrompen stof op een oud kledingstuk, want de lap zal van het kledingstuk wegtrekken, waardoor de scheur erger wordt. Ook giet men geen nieuwe wijn in oude wijnzakken. Als ze dat doen, zullen de huiden barsten; de wijn zal opraken en de wijnzakken zullen worden geruïneerd. Nee, ze gieten nieuwe wijn in nieuwe wijnzakken, en beide worden bewaard."

Mattheüs 9:14-17

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