Fasting

Quran
The Cow, 2:183-5

183 You who believe, fasting is prescribed for you, as it was prescribed for those before you, so that you may be mindful of God. 184 Fast for a specific number of days, but if one of you is ill, or on a journey, on other days later. For those who can fast only with extreme difficulty, there is a way to compensate—feed a needy person. But if anyone does good of his own accord, it is better for him, and fasting is better for you, if only you knew. 185 It was in the month of Ramadan that the Quran was revealed as guidance for mankind, clear messages giving guidance and distinguishing between right and wrong. So any one of you who is present that month should fast, and anyone who is ill or on a journey should make up for the lost days by fasting on other days later. God wants ease for you, not hardship. He wants you to complete the prescribed period and to glorify Him for having guided you, so that you may be thankful.

English translation: Abdel Haleem
Fasting

New Testament
Matthew 4: 1-4

1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. 2 He fasted forty days and forty nights, and afterwards he was famished. 3 The tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” 4 But he answered, “It is written, ‘One does not live by bread alone, but by every word that comes from the mouth of God.’”

English translation: NRSV

1 Τότε ὁ Ἰησοῦς ἀνήχθη εἰς τὴν ἔρημον ὑπὸ τοῦ πνεύματος, πειρασθῆναι ὑπὸ τοῦ διαβόλου. 2 καὶ νηστεύσας ἡμέρας τεσσεράκοντα καὶ νύκτας τεσσεράκοντα ύστερον ἐπείνασεν. 3 Καὶ προσελθὼν ὁ πειράζων εἶπεν αὐτῷ, Εἰς τὸ θεοῦ, εἰπὲ ἵνα οἱ λίθοι οὗτοι ἄρτοι γένωνται. 4 ο δὲ ἀποκριθεὶς εἶπεν, Γέγραπται, Οὐκ ἐπὶ ἄρτῳ μόνῳ ζήσεται ὁ ἄνθρωπος, ἀλλ' ἐπὶ παντὶ ὕματι ἐκπορευομένῳ διὰ στόματος θεοῦ.
Fasting

Hebrew Bible
Isaiah 58:4-7

4 Because you fast in strife and contention, and you strike with a wicked fist! Your fasting today is not such as to make your voice heard on high.

5 Is such the fast I desire, a day for men to starve their bodies? Is it bowing the head like a bulrush and lying in sackcloth and ashes? Do you call that a fast, a day when the Lord is favourable?

6 No, this is the fast I desire: to unlock fetters of wickedness, and untie the cords of the yoke to let the oppressed go free; to break off every yoke.

7 It is to share your bread with the hungry, and to take the wretched poor into your home; when you see the naked, to clothe him, and to not ignore your own kin.

English translation: JPS 1985