



## 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

يَتَأْتِيهَا الَّذِينَ ءَامَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ  
عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ ﴿١٨٣﴾ أَيَّامًا  
مَعْدُودَاتٍ ۚ فَمَن كَانَ مِنكُم مَّرِيضًا أَوْ عَلَى سَفَرٍ  
فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ ۗ وَعَلَى الَّذِينَ يُطِيقُونَهُ فِدْيَةٌ  
طَعَامُ مَسْكِينٍ ۗ فَمَن تَطَوَّعَ خَيْرًا فَهُوَ خَيْرٌ لَهُ ۗ وَأَن  
تَصُومُوا خَيْرٌ لَّكُمْ ۗ إِن كُنتُمْ تَعْلَمُونَ ﴿١٨٤﴾ شَهْرُ  
رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْءَانُ هُدًى لِّلنَّاسِ  
وَبَيِّنَاتٍ مِّنَ الْهُدَى وَالْفُرْقَانِ ۚ فَمَن شَهِدَ مِنكُمُ الشَّهْرَ  
فَلْيَصُمْهُ ۗ وَمَن كَانَ مَرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِّنْ  
أَيَّامٍ أُخَرَ ۗ يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ وَلَا يُرِيدُ بِكُمُ  
الْعُسْرَ وَلِتُكْمِلُوا الْعِدَّةَ وَلِتُكَبِّرُوا اللَّهَ عَلَىٰ مَا  
هَدَىٰكُمْ وَلَعَلَّكُمْ تَشْكُرُونَ ﴿١٨٥﴾



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### 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.'"

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

English translation: NRSV



## 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

ד הן לריב ומצָה תצומו וילהכות באַגְרָף רָשֶׁע  
לא תצומו כיום להשְׁמִיעַ בַּמְרוֹם קוֹלְכֶם.  
ה הַכְּזֶה הַ“ צוֹם אֲבַחֲרֶהוּ יוֹם עֲנוֹת אָדָם נִפְשׁוֹ  
הַלֵּכֶף כְּאֶגְמֹן רֹאשׁוֹ וְשָׁק וְאָפֶר יִצְיַע הַלְזָה תִקְרָא  
צוֹם וַיּוֹם רָצוֹן לַיהוָה. ו הֲלוֹא זֶה צוֹם אֲבַחֲרֶהוּ  
פִתְחֵם סַרְצָפוֹת רָשָׁע הַתֵּר אֲגִדּוֹת מוֹטָה וְשַׁלַּח  
רְצוּצִים חֲפָשִׁים וְכָל מוֹטָה תִנְתְּקוּ. ז הֲלוֹא פָרַס  
לָרֵעַב לַחֲמֶה וְעֲנִיִּים מְרוּדִים תְּבִיא בַּיִת כִּי  
תִרְאֶה עָרֹם וְכִסִּיתוֹ וּמְבֹשָׁרָה לֹא תִתְעַלֵּם.