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Luke 2:37---

Acts 13:2-3---

Omni 1:26---

Mosiah 27:22-23---

Alma 5:46---

Alma 6:6---

Alma 17:3---

Alma 17:9---

Helaman 3:35---

Helaman 9:10---

Doctrine and Covenants 88:76---

We observe that in the scriptures, fasting almost always is linked with prayer. Without prayer, fasting is not complete fasting; it's simply going hungry. Fasting, coupled with mighty prayer, is powerful. It can fill our minds with the revelations of the Spirit. It can strengthen us against times of temptation.

Fasting in the proper spirit and in the Lord's way will energize us spiritually, strengthen our self-discipline, fill our homes with peace, lighten our hearts with joy, fortify us against temptation, prepare us for times of adversity, and open the windows of heaven.

Joseph B. Wirthlin, "The Law of the Fast," Liahona, Jul 2001, 88-91



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