Greek Strong's Dictionary with all the Synonyms inserted into the definitions.

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0776 + abstinence +/ . asitia {as-ee-tee'-ah}; from 0777 + fasting +/ ; fasting (the state): --abstinence .

3521 + the fast + in fastings + and fasting + with fasting + God with fastings +/. nesteia {nace-ti'-ah}; from 3522 + fast + I fast + ye fast + to fast + and fasted + I was fasting + shall they fast + And when he had fasted + And when they had fasted + But thou when thou fastest +/; abstinence (from lack of food, or voluntary and religious); specifically, the fast of the Day of Atonement: --fast(-ing .).