

Rain fell for “forty days and forty nights” during the flood of Noah.

Hebrew spies explored the land of Israel for “forty days.” (Numbers 13)

The Hebrew people lived in the Sinai desert for “forty years.” This period represents the time it takes for a new generation to arise.

In the Hebrew scriptures, it rained for 40 days and 40 nights in the great flood, in which all land living beings perished except those on Noah’s ark.

Moses’ life is divided into three 40-year segments, separated by his fleeing from Egypt, and his return to lead his people out.

Several Jewish leaders and kings are said to have ruled for “forty years,” a generation.
(Examples: Eli, Saul, David, Solomon.)

Goliath challenged the Israelites twice a day for “forty days” before David defeated him.

Moses spent three consecutive periods of “forty days and forty nights” on Mount Sinai.

The Jewish *mikvah* ritual bath is filled with 40 se’ah (approximately 200 gallons) of water.

One of the prerequisites for a man to study the Jewish mystical teachings, called *Kabbalah*, is that he is forty years of age.

Before the temptation of Christ, Jesus fasted “forty days and forty nights” in the Judean desert.

Forty days was the period from the resurrection of Jesus to the ascension of Jesus into heaven.

In modern Christian practice, Lent consists of the 40 days preceding Easter. In much of Western Christianity, Sundays are excluded from the count; in Eastern Christianity, Sundays are included.

Muhammad was forty years old when he first received the revelation delivered by the archangel Gabriel.

The Quran, the central religious book of Islam, says that a person is only fully grown when they reach the age of 40.

Prophet Ibrahim spent 40 days in a fire and lived because Allah made the fire like flowers.

In Islam, the Prophet Yunus (“Jonah” in Judaism) was in a whale’s belly for 40 days.

Muhammad was praying and fasting in the cave for 40 days.

Muhammad then had 40 followers to spread the religion of Islam.

In Islam, It is believed that one who assists a blind man for forty steps becomes worthy of entering heaven.

The great Imam Muhammed al-Baqir (676-733 CE) said, “The prayers of someone who drinks wine are not accepted for forty days.”

In Islam, mourning period officially lasts for 40 days.