

WHEN YOU FAST GOD'S WAY
Isaiah 58:6-13

“Is this not the fast which I choose,
To loosen the bonds of wickedness,
To undo the bands of the yoke,
And to let the oppressed go free
And break every yoke?”

⁷ “Is it not to divide your bread with the hungry
And bring the homeless poor into the house;
When you see the naked, to cover him;
And not to hide yourself from your own flesh?”

⁸ “Then your light will break out like the dawn,
And your recovery will speedily spring forth;
And your righteousness will go before you;
The glory of the LORD will be your rear guard.

⁹ “Then you will call, and the LORD will answer;
You will cry, and He will say, ‘Here I am.’

If you remove the yoke from your midst,
The pointing of the finger and speaking wickedness,

¹⁰ And if you give yourself to the hungry
And satisfy the desire of the afflicted,
Then your light will rise in darkness
And your gloom will become like midday.

¹¹ “And the LORD will continually guide you,
And satisfy your desire in scorched places,
And give strength to your bones;

And you will be like a watered garden,
And like a spring of water whose waters do not fail.

¹² “Those from among you will rebuild the ancient ruins;
You will raise up the age-old foundations;
And you will be called the repairer of the breach,
The restorer of the streets in which to dwell.

¹³ “If because of the sabbath, you turn your foot
From doing your own pleasure on My holy day,
And call the sabbath a delight, the holy day of the LORD honorable,
And honor it, desisting from your own ways,
From seeking your own pleasure
And speaking your own word,

¹⁴ Then you will take delight in the LORD,
And I will make you ride on the heights of the earth;
And I will feed you with the heritage of Jacob your father,
For the mouth of the LORD has spoken.”

There are some issues, some problems, some chains, some situations, some circumstances that may not be addressed unless you _____.

Jesus certainly believed that and practiced that. He also assumed we would also practice this spiritual discipline.

Matthew 6:16-18

In Matthew 6, Jesus places three practices on the same level:

_____ (6:2-4); _____ (6:5-13); and _____ (6:16-18).

What is Fasting?

Hebrew—

Greek—

Fasting is going without _____ (or some other kind of pleasure) in order to fully turn your _____ to God, seeking Him, and demonstrating to God in a tangible way your desire to _____ Him, and His _____ for your life.

Three Kinds of Fasts:

1. _____ Acts 9:9
2. _____ I Kings 19:8
3. _____ Daniel 10:3

Fasting:

1. Is a way of seeking God's _____—Jonah 3:5
2. Seeks answers to _____—Psalm 3:13
3. Brings deliverance from _____—Ezra 8:21,23; Esther 4:16; Psalm 69:10; 109:24

4. Brings you _____ to God—Luke 2:37
5. Puts you in a position to _____ from God—I Corinthians 7:5; Acts 13:2-3
6. Brings divine _____—Ezra 8:21-23
7. Brings _____ in spiritual warfare—II Chronicles 20; Matthew 17:21
8. Is a way to _____ for others—Psalm 35:13
9. A way to express _____—Nehemiah 9:1; Joel 1:13-14
10. Is an act of _____—Luke 2:37
11. Brings Supernatural _____—Acts 14:22-23
12. Helps you to _____ what to do when you don't know what to do—Nehemiah 1:4
13. Turns all your _____ on God—Daniel 9:3
14. Is a way of turning _____ to God—Joel 2:12
15. Helps you to overcome _____—Matthew 4
16. Is a way to _____ yourself—Psalm 35:13

Back story of Isaiah passage: God's people had turned the practice of fasting into something that greatly displeased God. They were going through the motions. Their motives were selfish. Prayers weren't being answered (Isaiah 58:4). These were rituals and traditions and that's all they had become. God tells His people in this passage the kind of fast that pleases Him (Isaiah 58:6) Isaiah 58:6

“UNDO”—

Isaiah 58:7

Fasting brings you a _____ for others.

Isaiah 58:8-14

This shows what happens when you fast God's way:

1. Your light will break out like the dawn (8a)
2. Your recovery will speedily spring forth (8b)
3. Your righteousness will go before you (8c)
4. The glory of the Lord will be your rear guard (8d)
5. You will pray and God will answer (9a)
6. God will be attentive and available (9b)
7. Your attitude and tongue are transformed (9c)
8. Your light will rise in darkness (10a)
9. Your gloom will become like midday (10b)
10. The Lord will guide you (11a)
11. Your desires will be satisfied in scorched places (11b)
12. The Lord gives strength to your bones (11c)
13. You will be watered like a garden, and like a spring of water whose waters do not fail (11d)
14. You will see broken things restored (12)
15. You will honor the Lord's Day (13)
16. You will have the favor and blessings of God (14)