



**ROOTED IN FASTING**

## **Isaiah 58:6-9**

**“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?”**

## **Isaiah 58:6-9**

**Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood?**

## Isaiah 58:6-9

**Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard. Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I.**



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## **Matthew 9:14-15**

**Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?" Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast."**



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## **1 Corinthians 7:5**

**Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control.**



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**Point 1:**

**Fasting draws us near –  
so we can hear**



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**James 4:7**

**Draw near to God and He will draw near  
to you.**



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## **Matthew 6:6**

**Go into your room, close the door, and pray to your Father who is unseen.**



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**Point 2:**

**Fasting refocuses us –  
so we can realign**



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## **Jeremiah 29:13**

**You will seek Me and find Me when you  
seek Me with all your heart.**



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## **Point 3:**

**Fasting weakens the flesh –  
so God is greater than our  
desires**



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## **Romans 8:16**

**The Spirit Himself testifies with our spirit  
that we are God's children.**



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## **Point 4:**

**Fasting leads to weeping &  
repentance – not  
condemnation**



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## **Romans 8:1**

**There is therefore now no condemnation  
for those who are in Christ Jesus.**



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