

FAST 2026

THE RESULTS OF TRUE FASTING!

(Isaiah 58:1-12)

I. THE RESULTS OF TRUE FASTING:

A. THE WRONG HEART & ATTITUDE: (Isaiah 58:1-5)

1. For Israel, fasting was only a religious ritual and not an expression of their heart.
2. They were seeking God's favor but treating people horribly.

B. GOD'S DESIRED CHANGES IN US: (Isaiah 58:6-7)

1. To fight against wickedness in society and free people from the bonds of wickedness. (human trafficking)
2. To undo heavy financial & relational burdens imposed by the law.
3. To feed the hungry
4. To house the homeless.
5. To clothe the naked.
6. To give attention to the needs of your own family and extended family.

BOTTOM LINE: God desires that true fasting will help us STOP BEING SELF-ABSORBED and to have COMPASSION ON OTHERS...to consider their needs.

C. GOD'S PROMISES OF RESULTS FOR US: (Isaiah 58:9-12)

1. A fresh start...like a new dawn. (58:8)
2. The healing of wounds & disabilities from the past; "healing"—(aruka)—new flesh growing over a wound. (58:8)
3. The security & protection that comes from walking righteously. (58:8)
4. The Lord's presence and response to your prayers. (58:9).

5. Light in the darkness: God will give you guidance during difficult times; He will lead you when you can't see your way! (58:10)
6. God will give you satisfaction and sustain you even in the hardest of trials, in those desert places. (58:11)
7. The promise of fresh incoming resource and vitality—like a well watered garden. This is not just talking about having an extra bucket of water; its about having a spring of water with no limit. (58:11)
8. The blessing of restoring and re-building. (58:12)
 - a) To build the old ruins—what was destroyed by sin and disobedience, God will use you to rebuild.
 - b) To raise up the foundations of many generations: things destroyed in the past will be rebuilt to provide a foundation for multiple generations to come.
 - c) To repair the breach in the wall where the enemy has come in. (break down of family, marriage, home)
 - d) To restore the streets to dwell in. See Zechariah 8:3-5.

Zechariah 8:3-5: "Thus says the Lord: I will return to Zion, and dwell in the midst of Jerusalem. Jerusalem shall be called the City of Truth, The Mountain of the Lord of hosts, The Holy Mountain. Thus says the Lord of hosts: Old men and old women shall again sit in the streets of Jerusalem, each one with his staff in his hand because of great age. The streets of city shall be full of boys and girls playing in its streets."