

FASTING GOD'S WAY

1. When we speak of biblical fasting, we are speaking of fasting that is joined with _____.
2. Throughout Scripture and church history, fasting has been joined with prayer as a means of seeking God more _____.

WHAT IS FASTING

3. In the Hebrew language, the verb for _____ means to "cover the mouth".
4. In the Old Testament, fasting is regularly connected to phrases such as "ate no bread and drank no water" ([Exodus 34:28](#); [1 Kings 19:8](#); [Esther 4:16](#)). The emphasis is not on food choice, but on the _____ of food.
5. We do not fast simply to push away from the table; we fast to draw near to _____.

GOD'S CHOSEN FAST

Isaiah 58:1 NET 2nd ed.

1 "Shout loudly! Don't be quiet! Yell as loudly as a trumpet! Confront my people with their rebellious deeds; confront Jacob's family with their sin.

6. The trumpet referenced would have been a _____, a horn fashioned into an instrument that produces a strong, clear sound capable of being heard over a great distance. It was often used to awaken the people and capture their attention, whether to gather them for war or to call them together for important instruction.

Isaiah 58:2-5 NET 2nd ed.

2 They seek me day after day; they want to know my requirements, like a nation that does what is right and does not reject the law of their God. They ask me for just decrees; they want to be near God. 3 They lament, 'Why don't you notice when we fast? Why don't you pay attention when we humble ourselves?' Look, at the same time you fast, you satisfy your selfish desires, you oppress your workers. 4 Look, your fasting is accompanied by arguments, brawls, and fistfights. Do not fast

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as you do today, trying to make your voice heard in heaven. 5 Is this really the kind of fasting I want? Do I want a day when people merely humble themselves, bowing their heads like a reed and stretching out on sackcloth and ashes? Is this really what you call a fast, a day that is pleasing to the Lord?

7. When they fasted, they denied the flesh, but their _____ were unchanged. They wanted to be seen and heard, but they were not interested in hearing from God.

8. God is not impressed with our materialism, wealth, or knowledge. What moves His heart is a desire to _____ and understand His ways.

9. WE MUST HAVE THE RIGHT _____ WHEN FASTING.

10. To check your motive when fasting, begin with a time of _____.

You can start by praying Psalms 51, which was written by David in response to being confronted by the prophet after he sinned secretly with Bathsheba, ask the Lord to cleanse you of any secret faults and wrong motives. Ask Him to refine your motives, to give you the grace you need to fulfill your fast, and to tune your ears to His voice.

The Lord said that if you will:

- remove perversion from your midst,
- remove finger-pointing (accusation),
- remove evil speech (vain and worldly speech),
- offer your soul to the hungry, and
- satisfy the afflicted soul (the poor and suffering),

then He will cause your:

- light to burst forth like the dawn,
- healing to spring up quickly, and
- righteous deeds to go before you.

And He will:

- cause the glory of the Lord to gather you in,
- respond to your cry and say, "Here I am,"
- guide you continually,
- satisfy your soul in times of drought, and
- strengthen your bones.

And you will:

- be like a watered garden,
- be like a spring of water whose waters never fail,
- rebuild ancient ruins,
- restore generations-old foundations,
- be called "repairer of the breach," and
- be called "restorer of paths for habitation."

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11. The fast the God chooses is a _____ fast.

12. Fasting draws us closer to the One who has both the _____ and the _____ to carry out that plan.

HOW TO FAST: PREPARATION

Isaiah 58:6 KJV 1900

6 Is not this the fast that I have chosen? To loose the bands of wickedness, To undo the heavy burdens, And to let the oppressed go free, And that ye break every yoke?

13. _____ - "to try or select." This is the type of fasting that God selected. The word also means "favored by God."

BANDS OF WICKEDNESS

14. _____ - "a fetter (a shackle or chain for the feet, any type of restrain); a pain."

15. _____ - "a wrong; iniquity." it is "the quality and condition of being wicked as in a wicked action."

UNDO THE HEAVY BURDENS

16. _____ - "to open, release, or untie." It also means "to reverse the doing of, to do away with, to cancel, to put an end to, or to solve."

17. _____ - "a yoke [something you cannot get free from]"

18. _____ - "a bundle, a band, to bind, knot, a bunch, burden, or troop."

LET THE OPPRESSED GO FREE

19. _____ and _____ - means "to send away, to send for, or to send out."

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20. _____ - "to crack in pieces, literally or figuratively; to break, bruise, crush, discourage, oppress, struggle together." "to press against; to weigh heavily on the mind, spirits, or senses of; to lie heavily on; burden; to keep down by cruel or unjust use of power or authority; to burden with harsh, rigorous impositions; to tyrannize over; to crush or trample down."

21. _____ - "to be exempt from bondage, tax, or care; to have liberty; to spread loose." "to let go from the hand, to free from slavery."

BREAK EVERY YOKE

22. _____ - It means "to tear off: to break off, burst, draw away, lift up, pluck off, pull (out), root out."

23. _____ - "an ox-bow; a yoke: bands, heavy, staves, yoke."

Fasting God's way will: release us from the afflictions that wickedness produces, deliver us from things we do not have the power to free ourselves from, bring freedom to those who have been crushed, bruised, and held captive, and set us free completely.

BREAKING THE BIG YOKE

24. When we look through Scripture, we see that _____ can be a spiritual issue. We may not consider our belly to be a god, but we must be aware that it has the potential to become one. Many people are enslaved to food.

25. Fasting helps _____ lifelong eating patterns.