

2025_4_13 Isaiah 58v1-12

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2. Fasting is abstaining from food for spiritual purposes.
3. "Why have we fasted, but you have not seen?
We have denied ourselves, but you haven't noticed!"
4. "Look, you do as you please on the day of your fast, and oppress all your workers. You fast with contention and strife to strike viciously with your fist. You cannot fast as you do today, hoping to make your voice heard on high.
5. Will the fast I choose be like this: A day for a person to deny himself, to bow his head like a reed, and to spread out sackcloth and ashes? Will you call this a fast and a day acceptable to the LORD?
6. Isn't this the fast I choose: To break the chains of wickedness, to untie the ropes of the yoke, to set the oppressed free, and to tear off every yoke?
7. Is it not to share your bread with the hungry, to bring the poor and homeless into your house, to clothe the naked when you see him, and not to ignore your own flesh and blood?
8. Then your light will appear like the dawn, and your recovery will come quickly. Your righteousness will go before you, and the LORD's glory will be your rear guard.
9. At that time, when you call, the LORD will answer; when you cry out, he will say, 'Here I am.' If you get rid of the yoke among you, the finger-pointing and malicious speaking,
10. and if you offer yourself to the hungry, and satisfy the afflicted one, then your light will shine in the darkness, and your night will be like noonday.
11. The LORD will always lead you, satisfy you in a parched land, and strengthen your bones. You will be like a watered garden and like a spring whose water never runs dry.

12. Some of you will rebuild the ancient ruins; you will restore the foundations laid long ago; you will be called the repairer of broken walls, the restorer of streets where people live.

Isaiah 58v3-12 (CSB)

13. Through fasting, we simultaneously love God and our neighbor.

14. "Do you fast? Give me proof of it by your works. If you see a poor man, take pity on him. If you see a friend being honored, do not envy him. Do not let only your mouth fast, but also the eye, the ear, the feet, the hands and all the members of your body."

John Chrysostom (4th c.)

15. Fasting is a way to learn empathy through standing in unity with those who are hungry.

16. Fasting is a way to give generously by sharing with others.

17. This is how we have come to know love: He laid down his life for us. We should also lay down our lives for our brothers and sisters. If anyone has this world's goods and sees a fellow believer in need but withholds compassion from him—

18. how does God's love reside in him? Little children, let us not love in word or speech, but in action and in truth.

1 John 3v16-18 (CSB)

19. Fasting is a way to set captives free.

20. The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to set free the oppressed, to proclaim the year of the Lord's favor.

Luke 4v18-19 (CSB)

21. Through fasting, we simultaneously love God and our neighbor.

22.

23. Ways to Participate

New to Fasting? Start small by fasting from one meal on Wednesdays. Use this time to pray, read Scripture, and focus on God.

Some Experience with Fasting? Try fasting for a full 24 hours, from sundown Tuesday to sundown Wednesday. Break your fast with a simple meal and gratitude.

Ready for a Challenge? Fast on both Wednesday and Friday, following the practice of early Christians.