

True and False Fasting

Isa 58:1 "Cry aloud, spare not; Lift up your voice like a trumpet; Tell My people their transgression, And the house of Jacob their sins.

Isa 58:2 Yet they seek Me daily, And delight to know My ways, As a nation that did righteousness, And did not forsake the ordinance of their God. They ask of Me the ordinances of justice; They take delight in approaching God.

Isa 58:3 'Why have we fasted,' *they say*, 'and You have not seen? *Why* have we afflicted our souls, and You take no notice?' "In fact, in the day of your fast you find pleasure, And exploit all your laborers.

Isa 58:4 Indeed you fast for strife and debate, And to strike with the fist of wickedness. You will not fast as *you do* this day, To make your voice heard on high.

Isa 58:5 Is it a fast that I have chosen, A day for a man to afflict his soul? *Is it* to bow down his head like a bulrush, And to spread out sackcloth and ashes? Would you call this a fast, And an acceptable day to the LORD?

Fasting

Mat 6:16 "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward.

Mat 6:17 But you, when you fast, anoint your head and wash your face,

Mat 6:18 so that you do not appear to men to be fasting, but to your Father who *is* in the secret place; and your Father who sees in secret will reward you openly.

Col 2:23 These things indeed have an appearance of wisdom in self-imposed religion, *false* humility, and neglect of the body, *but are* of no value against the indulgence of the flesh.

When the Pastor calls for a fast, how often do we dread quietly within ourselves and think:

Pastor... How long?

Are we fasting all meals?

Are we fasting food and drink? (Esther 4:16 – 3 days, night or day)

Are we fasting a certain type of food? Daniel 1:8 (not king's meat and wine, but vegetables and water)

Or maybe were fasting TV shows, movies, music or anything we enjoy doing or regularly do?

Or maybe we think after all this, "Maybe I can lose that weight doing this?"

Is this the fast that God has chosen?

Isa 58:6 "Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?"

Isa 58:7 *Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh?*

Mat 25:34 Then the King will say to those on His right hand, 'Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world:

Mat 25:35 for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in;

Mat 25:36 I *was* naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.'

Mat 25:37 "Then the righteous will answer Him, saying, 'Lord, when did we see You hungry and feed You, or thirsty and give You drink?"

Mat 25:38 When did we see You a stranger and take You in, or naked and clothe You?"

Mat 25:39 Or when did we see You sick, or in prison, and come to You?"

Mat 25:40 And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did *it* to one of the least of these My brethren, you did *it* to Me.'

Isa 58:8 Then your light (Good Works – Light Matt 5:16) shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the LORD shall be your rear guard.

Isa 58:9 Then you shall call, and the LORD will answer; You shall cry, and He will say, 'Here I *am*.' "If you take away the yoke from your midst, The pointing of the finger, and speaking wickedness,

Psa 91:15 He shall call upon Me, and I will answer him; I *will be* with him in trouble; I will deliver him and honor him.

“The best way to find yourself is to lose yourself in the service of others.” Mahatma Gandhi

Mat 10:39 He who finds his life will lose it, and he who loses his life for My sake will find it.

Isa 58:10 If you extend your soul to the hungry And satisfy the afflicted soul, Then your light shall dawn in the darkness, And your darkness shall be as the noonday.

Mat 16:25 For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it.

Isa 58:11 The LORD will guide you continually, And satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail.

Mar 8:35 For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it.

Isa 58:12 Those from among you Shall build the old waste places; You shall raise up the foundations of many generations; And you shall be called the Repairer of the Breach, The Restorer of Streets to Dwell In.

Joh 12:25 He who loves his life will lose it, and he who hates his life in this world will keep it for eternal life.

Gal 6:9-10

(9) And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.

(10) Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith.

1Jn 3:16-17

(16) By this we know love, because He laid down His life for us. And we also ought to lay down our lives for the brethren.

(17) But whoever has this world's goods, and sees his brother in need, and shuts up his heart from him, how does the love of God abide in him?

Isa 58:13 "If you turn away your foot from the Sabbath, *From doing your pleasure* on My holy day, And call the Sabbath a delight, The holy *day* of the LORD honorable, And shall honor Him, **not doing your own ways, Nor finding your own pleasure, Nor speaking your own words,**

Isa 58:14 Then you shall delight yourself in the LORD; And I will cause you to ride on the high hills of the earth, And feed you with the heritage of Jacob your father. The mouth of the LORD has spoken."