



**“Do We
Really Need
to Fast?”**

Isaiah 58:1-12 (TPT)
Ritual and Ceremony Is Not Enough

58 “Shout it loud *and clear!*

Don't hold back!

Let your voice be like a trumpet blast!

Declare to my people their rebellion
and to Jacob's tribes their sin!

² Yes, daily they seem to seek me,
pretending that they delight to know my ways,
as though they were a nation that does what is right
and had not rejected the law of their God.

They ask me to show them the right way,
acting as though they are eager to be close to me.

**3 They say, 'Why is it that when we fasted,
you did not see it?**

We starved ourselves, and you didn't seem to notice.'

**"Because on the day you fasted
you were seeking only your own desires,
and you continue to exploit your workers.**

**4 During your fasts, you quarrel and fight with others
and strike them with an angry fist.**

**When you fast like that, your voice will not be heard
on high.**

5 Do you think I'm impressed with that kind of fast?

**Is it just a day to starve your bodies,
make others think you're humble,
and lie down in sackcloth and ashes?**

Do you call that a fast?

Do you think I, Yahweh, will be pleased with that?

Worship God in Truth

⁶ “This is the kind of fast that I desire:
Remove the heavy chains of oppression!

Stop exploiting *your workers!*

Set free the crushed and mistreated!

Break off every yoke of bondage!

⁷ Share your food with the hungry!

Provide for the homeless
and bring them into your home!

Clothe the naked!

Don't turn your back on your own flesh and blood!

⁸ Then my favor will bathe you in sunlight
until you are like the dawn bursting through a dark
night.

And then suddenly your healing will manifest.
You will see your righteousness march out before you,
and the glory of Yahweh will protect you from all harm!

⁹ Then Yahweh will answer you when you pray.

When you cry out for help, he will say,
'I am here.'

“If you banish every form of oppression, the scornful
accusations,
and vicious slander,

¹⁰ and if you offer yourselves in compassion for the
hungry

and relieve those in misery,

then your dawning light will rise in the darkness
and your gloom will turn into noontday splendor!

¹¹ Yahweh will always guide you where to go and what to
do.

He will fill you with refreshment
even when you are in a dry, difficult place.

He will continually restore strength to you,
so you will flourish like a well-watered garden
and like an ever-flowing, trustworthy spring *of blessing*.

**12 Your people will rebuild long-
deserted ruins,
building anew on foundations laid
long before you.**

**You will be known as Repairers of
the Cities**

and Restorers of Communities.



How we treat
people on Monday
is the 'test of
authenticity'
concerning our
fasting on Sunday.

**³ They say, ‘Why is it that when we fasted,
you did not see it?**

We starved ourselves, and you didn’t seem to notice.’

**“Because on the day you fasted
you were seeking only your own desires,
and you continue to exploit your workers.**

**⁴ During your fasts, you quarrel and fight with others
and strike them with an angry fist.**

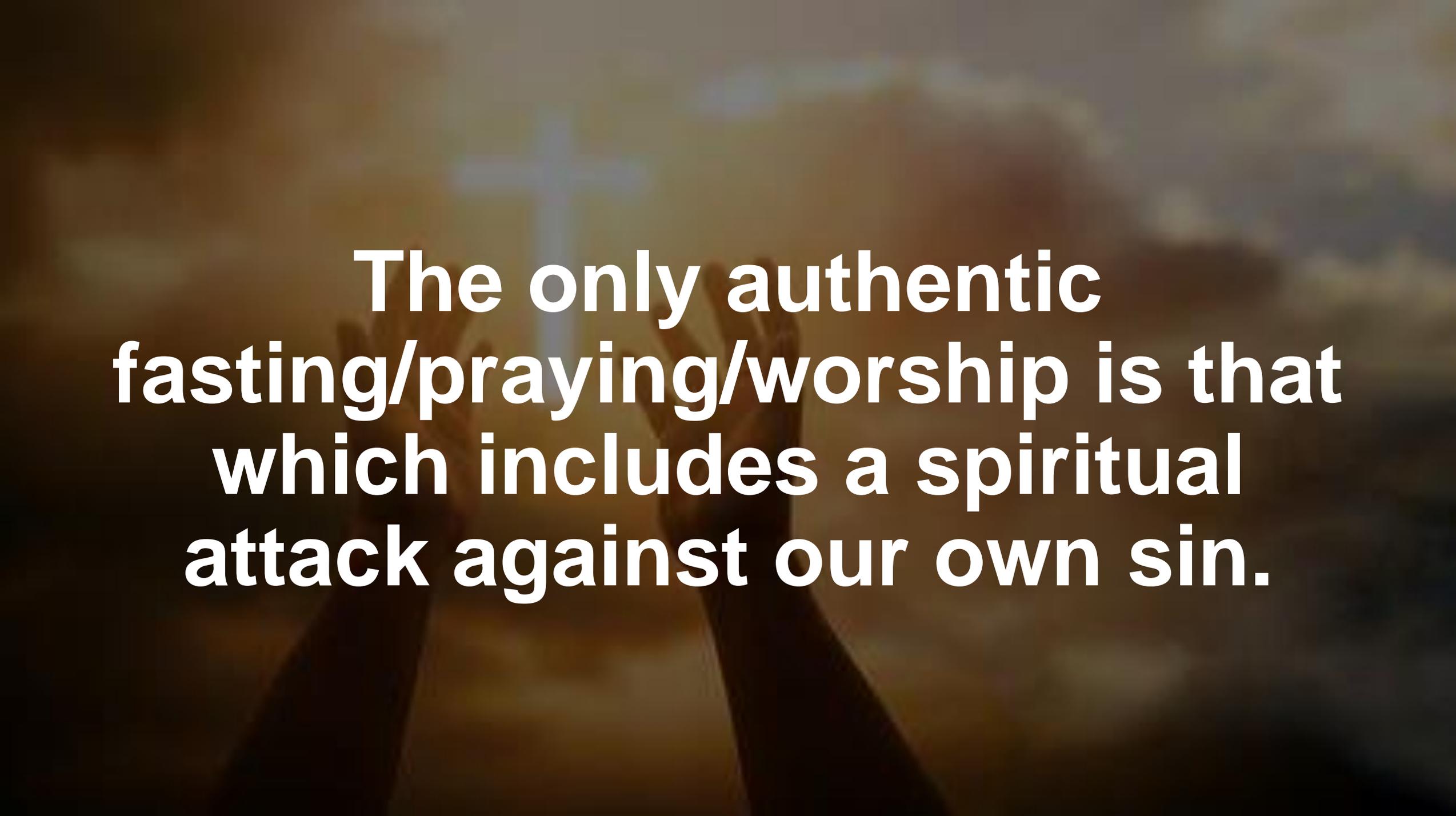
When you fast like that, your voice will not be heard on high.

⁵ Do you think I’m impressed with that kind of fast?

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make others think you’re humble,
and lie down in sackcloth and ashes?**

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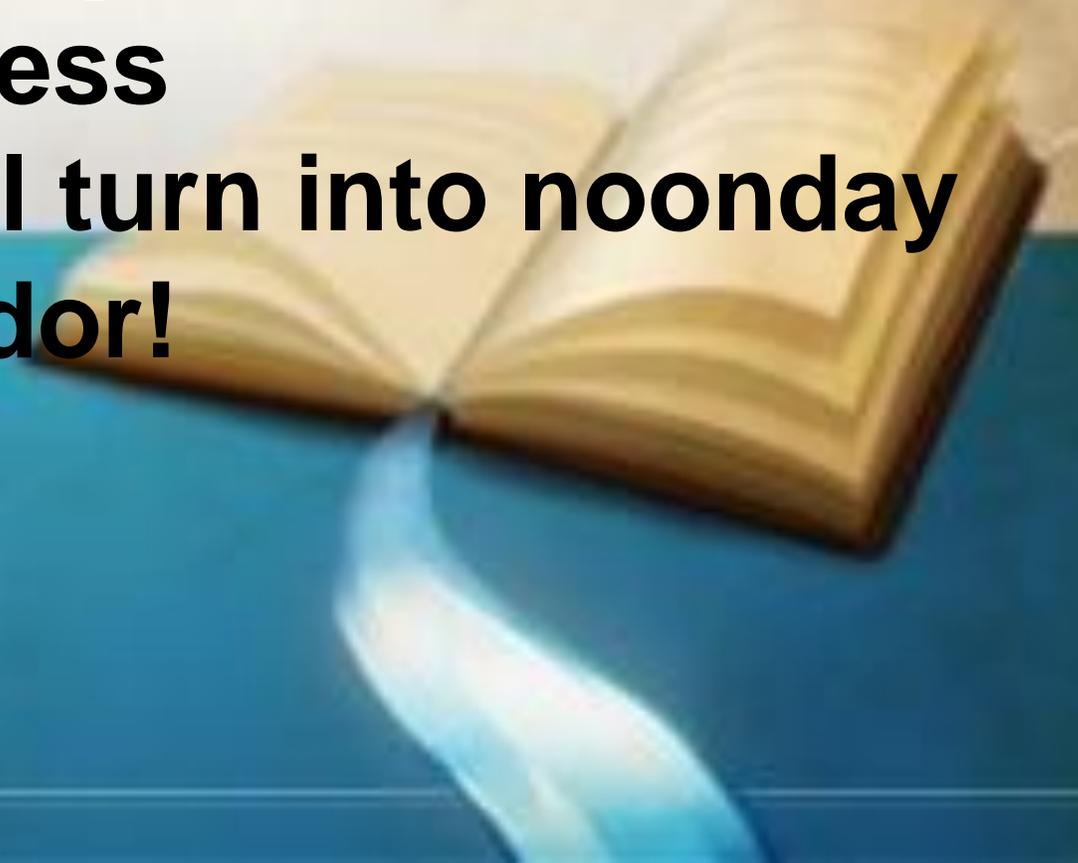


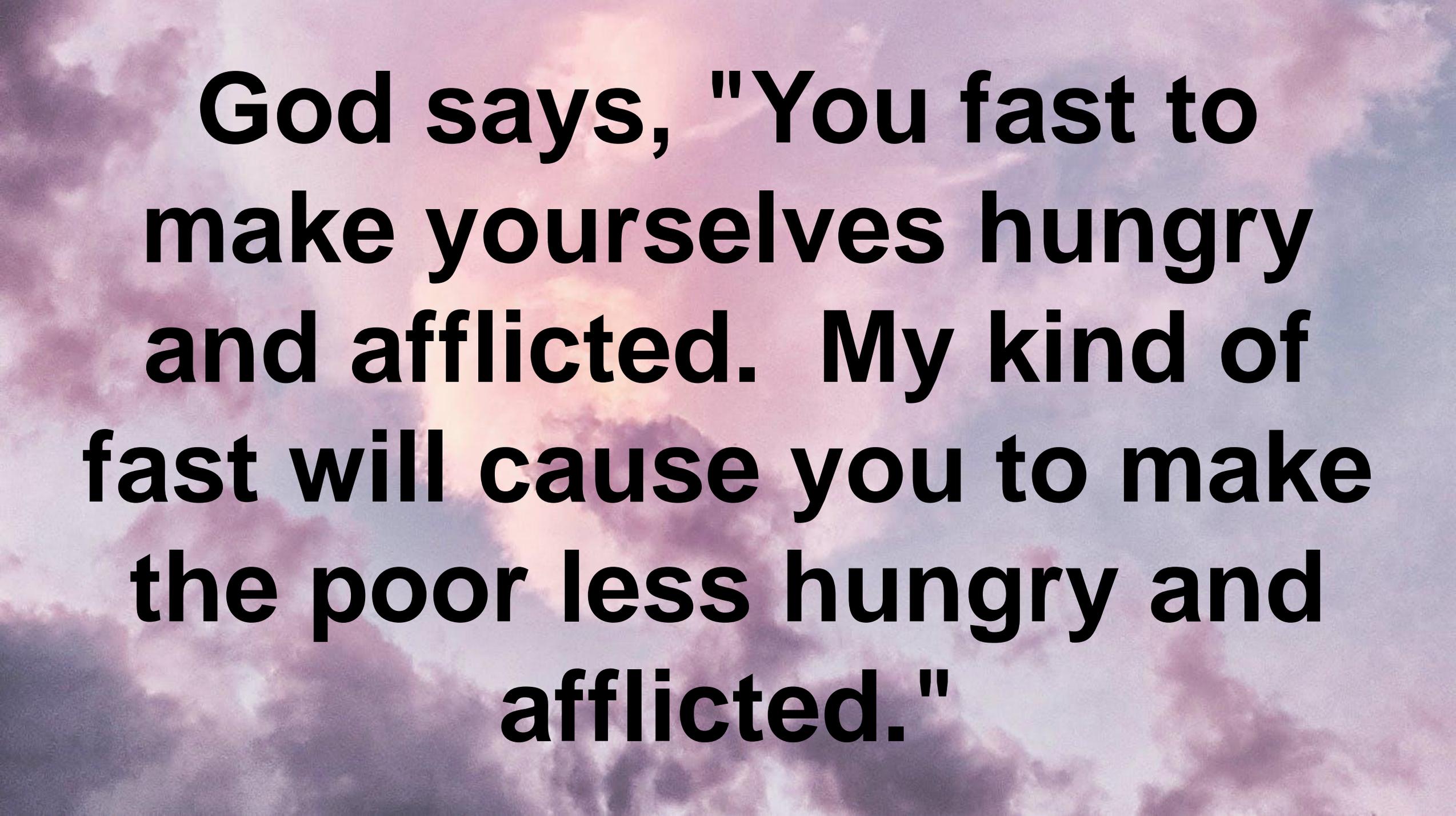
**The only authentic
fasting/praying/worship is that
which includes a spiritual
attack against our own sin.**

A close-up photograph of a hand reaching upwards, palm facing up, in a gesture of prayer or supplication. The hand is set against a bright, glowing, golden-yellow background that creates a soft, ethereal atmosphere. The lighting is warm and focused on the hand, making it the central point of interest.

**The #1 Goal of Fasting:
OUR OWN PERSONAL
HOLINESS**

**¹⁰ and if you offer yourselves in
compassion for the hungry
and relieve those in misery,
then your dawning light will rise in the
darkness
and your gloom will turn into noonday
splendor!**





**God says, "You fast to
make yourselves hungry
and afflicted. My kind of
fast will cause you to make
the poor less hungry and
afflicted."**

A proper fast takes
bread out of our own
mouths and places it in
the mouths of the poor.



ATTACK!
ATTACK!
ATTACK!



1). FASTING IS A
DIRECT FRONTAL
ASSAULT
AGAINST THE SIN
THAT SO EASILY
BESETS US.

Psalm 41:1-3 (TPT)

I Need You, Lord

41 *King David's poetic song for the Pure and Shining One*

¹ God always blesses those who are kind to the poor and helpless.

They're the first ones God helps when they find themselves in any trouble.

² The Lord will preserve and protect them.

They'll be honored and esteemed while their enemies are defeated.

³ When they are sick, God will restore them, lying upon their bed of suffering.

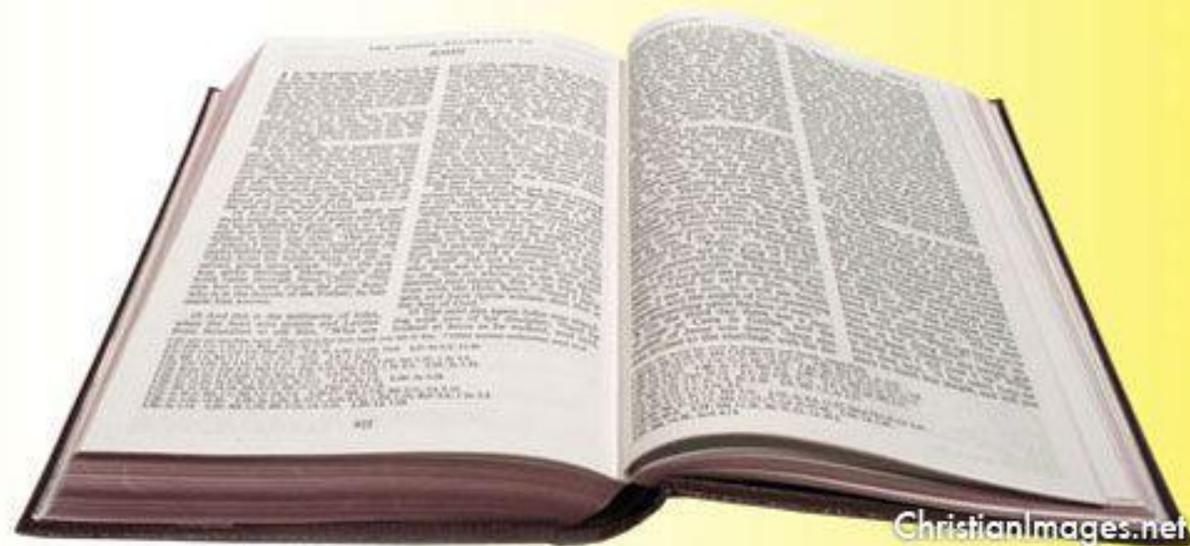
He will raise them up again and restore them back to health.

Fasting doesn't
earn us
brownie points
with God.
Fasting earns
no wage.



Isaiah 30:15 (TPT)

¹⁵ Lord Yahweh, the Holy One of Israel, says:
“Come back to me! By returning and resting in
me you will be saved.
In quietness and trust you will be made strong.
But you refused.



A silhouette of a person with their arms raised in a gesture of strength or triumph, set against a background of a sunset or sunrise sky with soft, glowing clouds. The person is wearing a long, light-colored garment, possibly a robe or a long-sleeved shirt. The overall mood is one of spiritual power and resilience.

Our strength to fast
comes from God.

2). FASTING IS OUR DOCTOR'S PRESCRIPTION NOT A JOB DESCRIPTION:

- a. Live to free people not burden them
Luke 11:46
 - b. Feed the hungry
 - c. House the homeless
 - d. Clothe the naked
 - e. Feel what others feel
Hebrews 13:3
 - f. Stop pointing your finger
 - g. Build relationships with the poor



3). **FASTING REAPS THE FOLLOWING BENEFITS:**

- a. Darkness becomes light
- b. Physical strength
- c. God's glory will envelope you
2 Corinthians 8:9
- d. God promises to guide us
- e. Our desires will be realized
- f. Pour yourself out to become full
John 7:38
- g. God will use us to 'Repair the City and Restore the Community'

