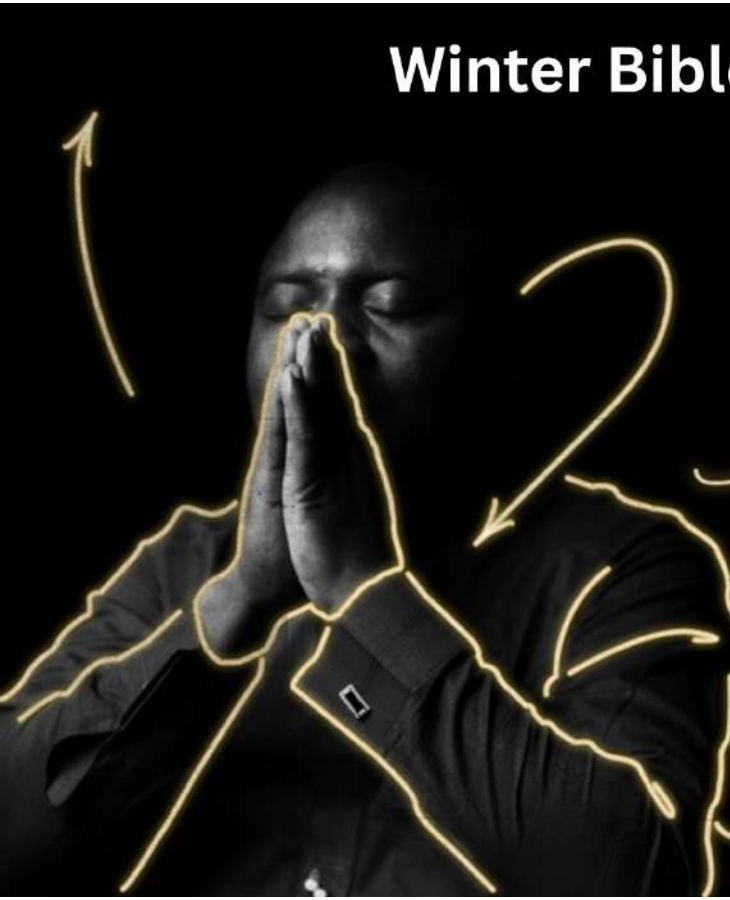


Winter Bible Study Series



PRAYER & FASTING

Part 3



TRINITY BAPTIST CHURCH
COLUMBUS, OH

Prayer and Fast With



Critical for a healthy Christian life

Isaiah 58

“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.

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,[d] ‘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 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[k] on sackcloth and ashes?**

**Is this really what you call a fast,
a day that is pleasing to the Lord?**

6 No, this is the kind of fast I want:

**I want you[m] to remove the sinful chains,
to tear away the ropes of the burdensome yoke,
to set free the oppressed,[n]
and to break every burdensome yoke.**

**7 I want you[o] to share your food with the hungry
and to provide shelter for homeless, oppressed people.**

**When you see someone naked, clothe them!
Don't turn your back on your own flesh and blood.**

**8 Then your light will shine like the sunrise;
your restoration will quickly arrive;**

**your godly behavior[t] will go before you,
and the Lord's splendor will be your rear guard.**

**9 Then you will call out, and the Lord will respond;
you will cry out, and he will reply, 'Here I am.'**

**You must[v] remove the burdensome yoke from among you
and stop pointing fingers and speaking sinfully.**

**10 You must[w] actively help the hungry
and feed the oppressed.**

**The Lord will continually lead you;
he will feed you even in parched regions.**

**He will give you renewed strength,
and you will be like a well-watered garden,
like a spring that continually produces water.**

**12 Your perpetual ruins will be rebuilt;
you will reestablish the ancient foundations.
You will be called, 'The one who repairs broken walls,
the one who makes the streets inhabitable again.'**

**13 You must observe the Sabbath
rather than doing anything you please on my holy day.**

**You must look forward to the Sabbath
and treat the Lord's holy day with respect.**

**You must treat it with respect by refraining from your normal activities,
and by refraining from your selfish pursuits and from making business
deals.**

**14 Then you will find joy in your relationship to the Lord,
and I will give you great prosperity,[al
and cause crops to grow on the land I gave to your ancestor Jacob.”
Know for certain that the Lord has spoken.**

Background

Authorship: King Hezekiah

Theme: Be Repentant and Have Closer relationship with the Lord

Lesson

- **Show Justice and Mercy**
- **Be careful of dead rituals**
- **He wants your heart to be stayed upon Him. The acceptable fast to God is total dedication to Him from your heart. God is not interested in an outward show. He wants you to truly love Him in your heart**
- **Fast with A FOCUS**

What Does Fasting Accomplish?

22 Reasons to Fast

- 1. Fasting will loose the bands of wickedness in your life (loose the pangs and griefs of injustice and harm.) (v. 6)**
- 2. Fasting lets the oppressed, broken, and crushed go free from slavery (the grievously oppressed, discouraged, bruised.) (v. 6)**
- 3. Fasting will undo the bands of the yoke. (v. 6)**
- 4. Fasting lets us break every yoke.**
- 5. Fasting gives us the opportunity to feed the poor with our bread. (v. 7)**
- 6. Fasting allows us to bring the afflicted to our house. (v. 7)**
- 7. Fasting opens our heart to clothe the naked. (v. 7)**
- 8. Fasting opens your heart to reach your own family. (v. 7)**
- 9. Fasting will cause your light to break forth like a new day. (v. 8)**
- 10. Fasting will cause healing to come to fruition. (v. 8)**
- 11. Fasting will cause you to walk in righteousness again. (v. 8)**

- 12. Fasting will cause the glory of God to guard you again. (v. 8)**
- 13. Fasting will cause the LORD to answer you and say "Here I am." (v. 9 and v.4)**
- 14. Fasting will help you to stop blaming everybody else. (v. 9)**
- 15. Fasting will help you to get the victory over your mouth. (v. 9)**
- 16. Fasting will cause thy light to rise in obscurity. (v. 10)**
- 17. Fasting will cause your darkness to become like the noonday. (v. 10)**
- 18. Fasting will cause you to hear the LORD's directions continually. (v. 11)**
- 19. Fasting will cause your soul to be satisfied and even prosper when things have dried up in your life. (v. 11)**
- 20. Fasting will cause you to be watered by the Spirit of God, a refreshing causing you to bear much fruit. (v. 11)**
- 21. Fasting will cause things that have fallen apart in your life to be rebuilt. (v. 12)**
- 22. Fasting will give you a good name: Repairer of the Breach, The Restorer of Paths to Dwell In. (v. 12)**

Lesson 4

Fasting Does and Don'ts