



ZION
FAITH FELLOWSHIP

**2021: THE YEAR OF THE
DETERMINED!**
RESILIENT/REALIGNED/RESTORED!

WHAT DOES GOD WANT OUT OF YOUR FAST?

(SUFFERING FOR A PURPOSE)

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2021



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Isaiah 58:6-14

King James Version (KJV)

Is this what God wants?

58 Cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins.

2 Yet they seek me daily, and delight to know my ways, as a nation that did righteousness, and forsook not the ordinance of their God: they ask of me the ordinances of justice; they take delight in approaching to God.

3 Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours.

4 Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high.

5 Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?

ISAIAH 58

V 1–5: FALSE FASTING Isaiah is bidden to tell Israel of the hypocrisy of their sin. He starts by criticising them for their fasting.

This is not accompanied by repentance for sin which causes them to seek the well-being of others and the glory of God. Rather, their fasts parade their shallow and false signs of repentance.

Repentance is a true sorrow for sin, and the forsaking of it before God. True repentance makes a real difference. It is not a wallowing in apparent misery over failure to seek to give the impression of being holy.

V 6–12: FRUITFUL FASTING Real heart-fasting demands being a blessing to others and to sacrifice one's privileges, time and pleasures, to see others blessed. This concerns undoing heavy burdens, loosening bonds of wickedness and sharing with the needy. Then prayer will be answered, darkness will be turned into light, and fruitfulness will be experienced along with God's restoration. True fasting means replacing time spent in personal interests with time invested specifically for the glory of God, be it in prayer or in other ways.

V 13–14: FAITHFUL FOOTSTEPS Isaiah passes from fasting to resume his teaching on the Sabbath. Blessing on the Sabbath comes when a person turns his or her foot from doing his or her own pleasure on this holy day of God. Selfish ways, pleasures, and words are forsaken so that God is made the delight of the day. He will respond by adding spiritual elevation and feeding to the delight that He gives. This Sabbath principle is even more meaningful to the Christian since the Lord's Day underlines the wonder of the resurrection of the Lord Jesus Christ.



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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?

7 Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

8 Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy reward.

9 Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;

10 And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day:

WHAT GOD WANTS FROM YOUR FAST!

1. ***TO BREAK THE BONDAGE THAT'S WEAKEND YOU!***
2. ***TO LIFT HEAVINESS THAT'S CRUSHED YOU!***
3. ***TO DESTROY THE STRONGHOLDS THAT'S BLOCKED YOU!***
4. ***TO BRING FREEDOM FROM THE SATANIC FORCES THAT INFLUENCED AND HELD YOU!***
5. ***TO BRING AN INNER STRENGTH TO SHOW THE TRUE LOVE OF GOD!***
6. ***TO MANIFEST THE JOY AND BEAUTY OF A RELATIONSHIP WITH GOD!***
7. ***TO ANSWER PRAYERS AND REALIGN YOUR MIND!***
8. ***TO ENCOURAGE, INSPIRE, AND GUIDE YOU TO YOUR BEST LIFE!***



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11 And the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

12 And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.

13 If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the Lord, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words:

14 Then shalt thou delight thyself in the Lord; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the Lord hath spoken it.

9. TO RESTOR, REDEDICATE, AND RENEW YOU!

10. TO LEAD YOU INTO YOUR ABUNDANT HERITAGE, AND VICTORIOUS DESTINY!