



The fast that God ignores is the fast that ignores God.

'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. Isaiah 58:3

"This shall be a statute forever for you: In the seventh month, on the tenth day of the month, you shall afflict your souls, and do no work at all, whether a native of your own country or a stranger who dwells among you. Leviticus 16:29

If you're fasting and still gossiping, go ahead and eat (repent)!

1. The Requirement of God's Chosen Fast

1. Stop hurting others.

"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? Isaiah 58:6

2. Start helping those in need.

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? Isaiah 58:7

3. Don't avoid your family.

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? Isaiah 58:7

4. Stop pointing fingers.



"If you take away the yoke from your midst, the pointing of the finger, and speaking wickedness, if you extend your soul to the hungry and satisfy the afflicted soul, Isaiah 58:9-10

5. Stop spreading rumors.

"If you take away the yoke from your midst, the pointing of the finger, and speaking wickedness, if you extend your soul to the hungry and satisfy the afflicted soul, Isaiah 58:9-10

2. The Reward of God's Chosen Fast

Then your light 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. Then you shall call, and the LORD will answer; You shall cry, and He will say, 'Here I am.' Isaiah 58:8-9

1. Your light will breakthrough, and your darkness will be like noonday!

2. Your healing will spring forth speedily and God will give strength to your bones.

Fasting promotes blood sugar control by reducing insulin resistance.

Fasting promotes better health by fighting inflammation.

Fasting may enhance heart health by improving blood pressure, cholesterol levels.

Fasting may boost brain function and prevent neurodegenerative disorders.

Fasting aids weight loss and boosts metabolism.

Fasting increases a growth hormone which is vital for metabolism.

Fasting could delay aging and extend longevity.

Fasting may aid in cancer prevention and increase the effectiveness of chemotherapy.

3. Your righteousness will go before you but God's glory will go behind you.

4. The Lord will answer your cry and call.



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. 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. Isaiah 58:11-12

5. The Lord will guide you.
6. The Lord will satisfy your soul in a dry place.
7. You will be a blessing to others.