

## Fasting for the Future

Isaiah 58:1-12

**Aim:** The aim of this sermon is to help people understand the power and necessity of Biblical fasting in order to experience true spiritual revival in their lives. Prayer and fasting always precede life transforming, life changing revival.

*James 4:10 – Humble yourselves before the Lord, and he will lift you up.*

### Four Types of Fasting

- This section will focus on giving the audience a brief introduction to the four basic types of fasting.
- 1. The Normal Fast**
    - Definition – To go without food for a set period of time in which you ingest only liquids (water and juice).
    - Biblical Example: Paul and Barnabas (Acts 14:23)
  - 2. The Absolute Fast**
    - To go without any food or water for a short period of time (3-7 days).
    - Biblical Example: Paul (Acts 9:9)
  - 3. The Partial Fast**
    - To omit certain foods or to put yourself on a schedule in which you limit your eating to that of certain foods.
    - Biblical Example: Daniel and His Three Friends (Daniel 10:3)
  - 4. The Supernatural Fast**
    - To abstain from all food and water for forty days.
    - Example: Moses and Elijah (Dt. 9:9, 1 Kings 19:8)

### Four Displeasing Traits of Israel (Verses 1-5)

- This section focuses our attention on Isaiah 58:1-5 as we learn more about the kind of fasting God desires of His people and the kind of actions and motivations that displease Him.

#### Trait #1 – Daily Seek Out God

- This trait focuses our attention on the appearance of seeking God and His ways but with a shallow or empty motivation of heart to follow through with action.

#### Trait #2 – Ask God for Justice

- This trait focuses our attention on pleading to God for justice and equality and putting forth the appearance of following the commands of God but once again with wrong motivation and a shallow faith at the core.

**Trait #3 – Devoted to God**

- This trait focuses on God’s people going through the motions of devotion throughout the work in order to appear as if they were devoted followers but yet their hearts have been given over to their own agenda.

**Trait #4 – Question God: Why?**

- The fourth trait focuses on the issue of questioning God about a generous abundance of blessings for a seemingly devoted people when the reality is that there is nothing but a lack of true devotion.

**Four God Pleasing Traits (Verses 6-7)**

- This section focuses our attention on the kind of fasting, devotion, and dedication God desires of His people.

*“Is not this the kind of fasting that I have chosen?”*

**Trait #1 – Break the chains of injustice.**

- This trait focuses our attention on the aspect of treating people fairly and enacting justice in the family, workplace, and community.

**Trait #2 – Rid the workplace of exploitation**

- This trait focuses our attention choosing to serve God at all times in our lives and to consciously be the light of the world and the salt of the earth throughout each day.

**Trait #3 – Free the Oppressed Cancel Debts**

- This trait focuses our attention enacting the grace of God in all circumstances and situations. Be careful not to confuse human grace with God’s grace.

**Trait #4 – Provide for the Less-Fortunate**

- This trait focuses our attention upon serving those that are less-fortunate than us with regard to their spiritual and/or physical condition in life.

**MEMORY VERSE:**

**II Chronicles 7:14:** "If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land."



**CICERO CHRISTIAN CHURCH** where God's love flows like a river

1715 Stringtown Pike • Cicero, IN 46034 • 317.984.4653 • [cicerochristianchurch.org](http://cicerochristianchurch.org)