

Benefits of fasting: (Isaiah 58:6-14)

1. Deliverance (v 6)

For ourselves, others & nation. Deal with your self (vs.9b) instead of pointing fingers.



Isaiah 58:6-14

6 "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?
7 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?
8 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.
9 Then you shall call, and the Lord will answer;
You shall cry, and He will say, 'Here I am.'
"If you take away the yoke from your midst,
The pointing of the finger, and speaking wickedness,
10 If you extend your soul to the hungry
And satisfy the afflicted soul,
Then your light shall dawn in the darkness,
And your darkness shall be as the noonday.
11 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.
12 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.
13 "If you turn away your foot from the Sabbath,
From doing your pleasure on My holy day,
And call the Sabbath a delight,
The holy day of the Lord honorable,
And shall honor Him, not doing your own ways,
Nor finding your own pleasure,
Nor speaking your own words,
14 Then you shall delight yourself in the Lord;
And I will cause you to ride on the high hills of the earth,
And feed you with the heritage of Jacob your father.
The mouth of the Lord has spoken."

2. Minister to the poor (vs. 7,10)

Proverbs 19:17; 22:9; 28:27

3. Break-through (vs. 8a)

Jehovah Baal Perizim:
Master of Breakthroughs –
1 Chronicles 14:11.

4. Healing (vs. 8)

5. Answered Prayer (vs. 9)



6. Guidance (vs. 11)

7. Restoration of backsliders (vs. 12)

9. Prosperity (Vs. 14)

Q) So what is the heritage of Jacob?

**Deuteronomy 32:9 For the Lord's portion is His people;
Jacob is the place of His inheritance.**

**Deuteronomy 32:13-14 "He made him ride in the heights of the earth,
That he might eat the produce of the fields;
He made him draw honey from the rock,
And oil from the flinty rock;
14 Curds from the cattle, and milk of the flock,
With fat of lambs;
And rams of the breed of Bashan, and goats,
With the choicest wheat;
And you drank wine, the blood of the grapes.**



8. Honoring the Sabbath (vs. 13)

a. Principle of rest (Exodus 35:1-2) – this is how much it meant to God
b. Sabbath breakers in Northern California – Modern day gold Rush. They honor sports, even their families above God. *They come to an assembling of believers when it is convenient.* It will never be convenient for you to go to church or fast.
c. Exodus 20:1-17. In OT you had to observe the law to be saved. Even then it was impossible for man in his flesh to do it. In the NT He puts His law in our heart. We operate in grace. In OT you had to do it. In NT you want to do it. Despite your struggles He gives us the power to live the Christian walk. Not a burden, but a delight. NT believers want to be together because they are the church! Attending a church is done not in the spirit of religion but from obedience and love for God and others.