

Advancing Disciplines #5 More Benefits of Fasting

3 Questions

- What is the unacceptable fast?**
- What is God's chosen fast?**
- What are the benefits of fasting?**

Isa 58:1-5 NKJV

58 "Cry aloud, spare not; Lift up your voice like a trumpet; Tell 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 did not forsake the ordinance of their God. They ask of Me the ordinances of justice; They take delight in approaching God. 3 '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. 4 Indeed you fast for strife and debate, And to strike with the fist of wickedness. You will not fast as you do this day, To make your voice heard on high. 5 Is it a fast that I have chosen, A day for a man to afflict his soul? Is it to bow down his head like a bulrush, And to spread out sackcloth and ashes? Would you call this a fast, And an acceptable day to the Lord?

1. What is an unacceptable fast?

Luke 18:10-14 NKJV

10 "Two men went up to the temple to pray, one a Pharisee and the other a tax collector. 11 The Pharisee stood and prayed thus with himself, ' God, I thank You that I am not like other men — extortioners, unjust, adulterers, or even as this tax collector. 12 I fast twice a week; I give tithes of all that I possess.' 13 And the tax collector, standing afar off, would not so much as raise his eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!' 14 I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, and he who humbles himself will be exalted."

2. What is God's Chosen faith?

Isa 58:6-7 NKJV

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?

3. What are the benefits of praying, giving, and fasting?

Isa 58:8-9

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,

Promises...

- 1. Then your light will break forth like the morning**
- 2. Your healing will spring forth speedily**
- 3. Your righteousness shall go before you**
- 4. The glory of the Lord will be your rear guard**
- 5. Then you shall call and the Lord will answer**
- 6. You shall cry and He will say Here I am**