

Advancing Disciplines #6 The Promises of Fasting

Isa 58:6-12 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?

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.

The Promises of Fasting

- 1. Satisfy your soul in drought**
- 2. Strengthen your bones**
- 3. Like a watered garden**
- 4. Like a spring of water whose waters do not fail**

- 5. Build the old waste places**
- 6. You will raise up the foundations of many generations**
- 7. You will be called a repairer of the breach**
- 8. The repairer of streets to dwell in**

Luke 2:36-38 NKJV

36 Now there was one, Anna, a prophetess, the daughter of Phanuel, of the tribe of Asher. She was of a great age, and had lived with a husband seven years from her virginity; 37 and this woman was a widow of about eighty-four years, who did not depart from the temple, but served God with fastings and prayers night and day. 38 And coming in that instant she gave thanks to the Lord, and spoke of Him to all those who looked for redemption in Jerusalem.