

A painting of a man and a woman sitting at a table, praying together. The man is on the left, wearing a brown shirt, and the woman is on the right, wearing a light-colored shirt. Both have their hands clasped in prayer. An open Bible is on the table in front of them. The background is a warm, textured wall with a lamp visible in the upper right.

**THE FAST THAT LASTS:  
FAITH THAT FIXES  
BROKEN LIVES.**

Isaiah 58:6-12 ESV

# *Isaiah 58:6-12*

- <sup>6</sup> Is not this the fast that I choose:  
to loose the bonds of wickedness,  
to undo the straps of the yoke,  
to let the oppressed go free,  
and to break every yoke?
- <sup>7</sup> Is it not to share your bread with the hungry  
and bring the homeless poor into your house;  
when you see the naked, to cover him,  
and not to hide yourself from your own flesh?

## *Isaiah 58:6-12*

<sup>8</sup> Then shall your light break forth like the dawn,  
and your healing shall spring up speedily;  
your righteousness shall go before you;  
the glory of the Lord shall be your rear guard.

<sup>9</sup> 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,

## *Isaiah 58:6-12*

<sup>10</sup> if you pour yourself out for the hungry  
and satisfy the desire of the afflicted,  
then shall your light rise in the darkness  
and your gloom be as the noonday.

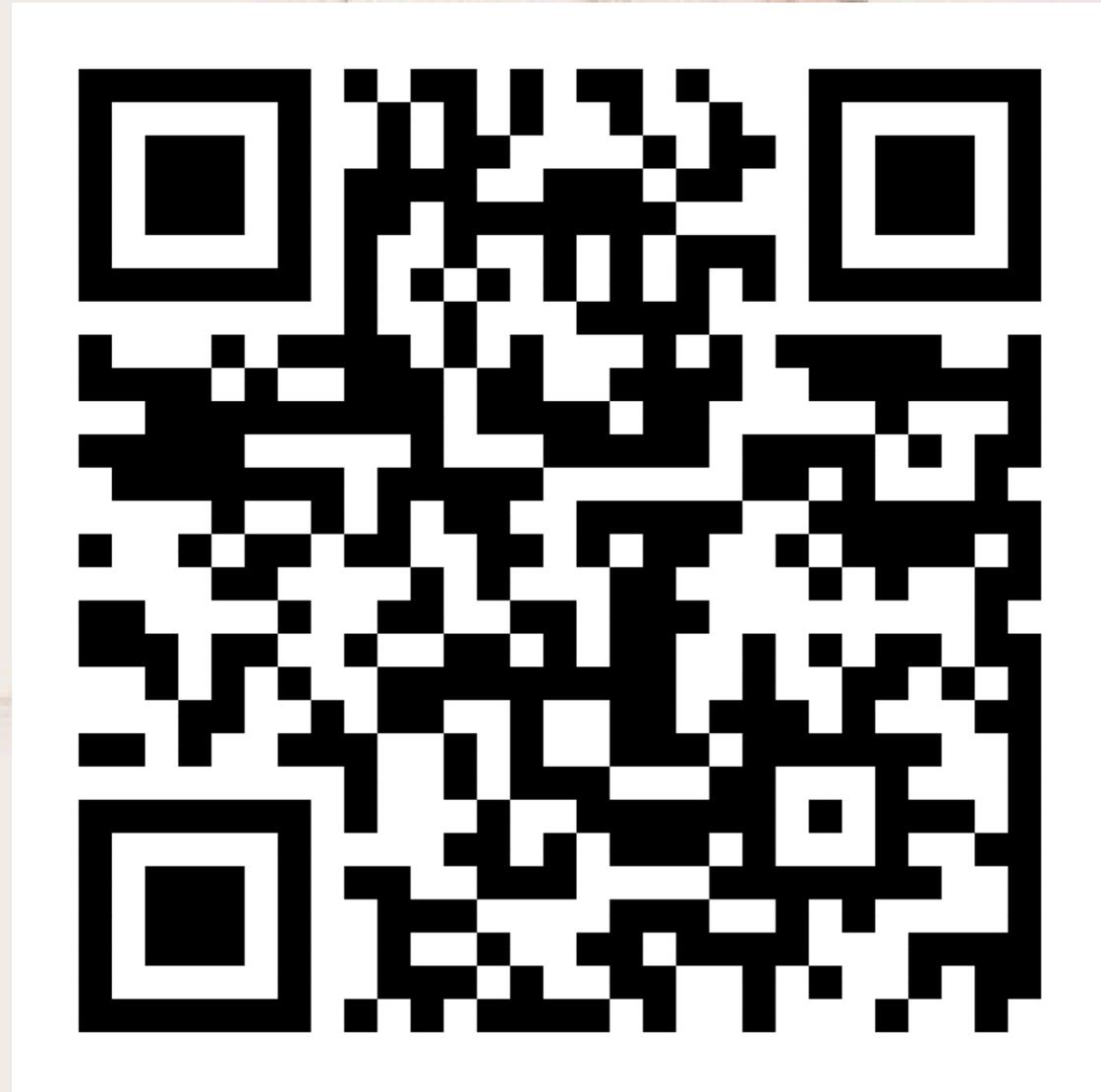
<sup>11</sup> And the Lord will guide you continually  
and satisfy your desire in scorched places  
and make your bones strong;  
and you shall be like a watered garden,  
like a spring of water, whose waters do not fail.

# *Isaiah 58:6-12*

<sup>12</sup> **And your ancient ruins shall be rebuilt;  
you shall raise up the foundations of many  
generations;  
you shall be called the repairer of the breach,  
the restorer of streets to dwell in.**

**What comes to your mind when you think about fasting?**

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**PUFFER FISH**

# *The Fast That Lasts*

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**ISAIAH 58:6–12 ANSWERS THREE CRITICAL QUESTIONS:**

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- **What kind of fasting does God desire?**
- **What kind of blessing does God promise?**
- **What kind of people does God create?**

# *The Fast That Lasts*

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## THE ANSWERS

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- The **Call** to Costly Compassion (6-7b)
- The **Consequence** for Celestial Charity (7c-11)
- The **Commission** for Communal Construction (v12)

# THE CALL TO COSTLY COMPASSION (6-7B)

**a. Breaks the chains of injustice (v6)**

**b. Bestows bread and belonging (v7a)**

**c. Bridges the gap of benevolence (v7b)**

*True fasting is about what we give up and who we lift up.  
Our motivation? Our Lord of all Who gave His all! (Gal. 2:20)*

# THE CONSEQUENCE FOR CELESTIAL CHARITY (7C-11)

**a. Dawn of deliverance (vv7c-8a)**

**b. Defence of divinity (v8b)**

**c. Depth of direction (v11)**

*Celestial charity brings about God's deliverance, protection, true direction in life (Eph. 3:10).*

# THE COMMISSION FOR COMMUNAL CONSTRUCTION (V12)

**a. Rebuilding the ruins (v12a-b)**

**b. Repairing the rift/breach (v12c)**

**c. Restoring the residence (v12d)**

*Where the world see ruins, the people of God  
see redemption.*

A vertical rectangular image on the left side of the slide, showing a close-up of a light-colored wood grain with wavy, concentric patterns in shades of beige and light brown. The image has rounded corners and is set against a dark brown background.

# WHAT IS FASTING?

- **Abstaining from food for spiritual purposes**  
*(Richard Foster, Celebration of Discipline, pg 61)*
- **God ordained or voluntary, practised among the faithful but not commanded by God**
- **4 types of fasting... N-A-P-S**



# TYPES OF FASTING: N.A.P.S

- **NORMAL:**

No food, only water (Jesus - Luke 4:2)

- **ABSOLUTE:**

No food or water: desperate measure to meet a crisis (Esther 4:6; Acts 9:9)

- **PARTIAL:**

No delicacies, meat, wine, no lotion (Dan. 10:3)

- **SUPERNATURAL ABSOLUTE:**

Deut. 9:9 (Moses), 1 Kn 19:8 (Elijah).



## 3 P'S OF FASTING

- **Prepare the Body**
- **Prime the Mind**
- **Position the Soul**

*"Fasting is not about abstaining from food alone, but about feasting on God."  
– John Piper, A Hunger for God.*

# PREPARE THE BODY: E-A-S-E

## *Physical Readiness*

### **EASE IN GRADUALLY**

- Reduce caffeine, sugar, and heavy foods 1–3 days before fasting.

### **ADJUST EXPECTATIONS**

- Hunger, tiredness, headaches or feeling weak is normal initially.
- Do not exert physically. Rest and slow your rhythms during the fast.

### **STAY HYDRATED**

- Water is essential unless the fast is very short.

### **EXAMINE HEALTH CONDITIONS**

- Consult doctor if pregnant, nursing, elderly, with medical conditions and if fine, adapt the fast.

PRIME THE MIND: F-O-C-U-S  
*Mental & Emotional Readiness*

**FIX A CLEAR PURPOSE**

- Why are you fasting? (Guidance, repentance, breakthrough, intercession)

**OFFSET DISTRACTIONS**

- Replace mealtimes with prayer times.
- Plan ahead social situations, meals, work stress.

**CONTROL THOUGHTS**

- Expect irritability or discouragement. Bring thoughts captive to Christ.

**USE HUNGER AS A SIGNAL**

- Let hunger remind you to pray: "As my body longs, my soul prays."

**SET BOUNDARIES**

- Decide ahead on duration, and type of the fast.
- A planned fast is more sustainable than an emotional one.

# POSITION THE HEART: H-E-A-R-T

## *Spiritual Readiness*

### **HUMBLE YOURSELF BEFORE GOD**

- *"I afflicted myself with fasting"* (Psalm 35:13). Need God more than food.

### **EXAMINE YOUR MOTIVES**

- Jesus warned against fasting for attention (Matthew 6:16–18).
- Ask: *"Am I seeking God—or my agenda?"*

### **ALIGN WITH GOD'S WORD**

- Pair fasting with Scripture reading and prayer (Matthew 4:4).

### **REPENT & RETURN**

- Fasting often accompanies repentance (Joel 2:12–13).
- Clear the heart so communion with God is unhindered.

### **TRUST GOD FOR TRANSFORMATION**

- Fasting is not for twisting God's arm—it's for tuning hearts to God.

# THE HEART OF THE HUNGER PRACTICE



**BIT.LY/HUNGERPRACTICE**

# APPLICATION : W-A-T-C-H

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## **WATCH**

For the "poor wanderer."

## **ACT**

Don't just feel; do. Share your bread, time, or resources.

## **TRUST**

God's light to break forth as you serve others.

## **CANCEL**

"Yoke" of gossip, finger-pointing, and unfair practices in your life.

## **HONOUR**

Identify "broken wall" in your community that God's calling you to rebuild.



# *Conclusion*

**Let our compassionate fasting  
free, feed, fix  
what is broken!**