



HUNGRY FOR GOD

The Kind of Fast God Desires
#3 of 6

➤ HOW TO _____ DURING A FAST...

“Shout it aloud, do not hold back. Raise your voice like a trumpet. Declare to my people their rebellion and to the descendants of Jacob their sins. ² For day after day they seek me out; they seem eager to know my ways, as if they were a nation that does what is right and has not forsaken the commands of its God. They ask me for just decisions and seem eager for God to come near them. ³ ‘Why have we fasted,’ they say, ‘and you have not seen it? Why have we humbled ourselves, and you have not noticed?’ Yet on the day of your fasting, you do as you please and exploit all your workers. ⁴ Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. ⁵ Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one’s head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the LORD?” **Isaiah 58:1-5** (NIV)

1. Fasting and _____ does not _____ God.

“... you do as you please and exploit all your workers.” v. 3

¹³ “Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. ¹⁴ But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. ¹⁵ Such “wisdom” does not come down from heaven but is earthly, unspiritual, demonic. ¹⁶ For where you have envy and selfish ambition, there you find disorder and every evil practice.” **James 3:13-16** (NIV)

2. Fasting and _____ keeps God from _____ me.

“Your fasting ends in quarreling and strife ... you cannot fast as you do today and expect your voice to be heard ...” v. 4

²¹ “You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’ ²² But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, ‘Raca,’ is answerable to the court. And anyone who says, ‘You fool!’ will be in danger of the fire of hell. **Matthew 5:21-23** (NIV)

3. Fasting as merely _____ is not a fast _____.

“Is it only for bowing one’s head ... is that what you call a fast ...?” v. 5

➤ HOW TO _____ DURING A FAST....

⁶ “Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? ⁷ Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood? ⁸ Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard. ⁹ Then you will call, and the LORD will answer; you will cry for help, and he will say: ‘Here am I.’ If you do away with the yoke of oppression, with the pointing finger and malicious talk, ¹⁰ and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.”

Isaiah 58:6-10 (NIV)

1. I fast to become _____.

“... to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free ...” v. 6

“Live as people who are free, not using your freedom as a cover-up for evil, but living as servants of God.” **1 Peter 2:16** (ESV)

2. I fast to become _____.

“Is [this fast] not to share your food with the hungry ... provide the poor wanderer with shelter – when you see the naked to clothe them ...” v. 7

³¹ “Whoever oppresses the poor shows contempt for their Maker, but whoever is kind to the needy honors God.” **Proverbs 14:31** (NIV)

3. I fast to replace my _____.

“Do away with ... the pointing finger and malicious talk.” v. 9

²³ Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, ²⁴ leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.”

Matthew 5:23 (NIV)

4. I fast to _____.

“And if you give yourself to the hungry, and satisfy the desire [literally: soul] of the afflicted . . .” v. 10 (NASB)

Have this attitude in yourselves which was also in Christ Jesus, who, although He existed in the form of God, did not regard equality with God a thing to be grasped, but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. **Philippians 2:5-8**

➤ WHEN I FAST THE WAY GOD DESIRES, GOD _____!

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