

## **True Fasting and Worship**

### **June 2, 2024**

**Ephesians 2:10**, *“We are God’s workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them (the good works God made for us to participate in).”*

**Titus 2:14**, *“Christ Jesus gave Himself for us to redeem us from every lawless deed, and to purify for Himself a people for His own possession, zealous (passionate and deeply committed) for good deeds.”*

**Matthew 5:16**, *“Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven.”*

**Micah 6:8**, *“He has told you, O man, what is good; and what does the Lord require of you but to do justice, to love kindness, and to walk humbly with your God?”*

**Isaiah 58:1-5**, *“Cry loudly, do not hold back; raise your voice like a trumpet, and declare to My people their transgression (rebellion) and to the house of Jacob their sins. <sup>2</sup> “Yet they seek Me day by day and delight to know My ways, as a nation that has done righteousness and has not forsaken the ordinance of their God. They ask Me for just decisions, they delight in the nearness of God. <sup>3</sup> ‘Why have we fasted and You do not see? Why have we humbled ourselves and You do not notice?’ Behold, on the day of your fast you find your desire, and drive hard all your workers.” <sup>4</sup> “Behold, you fast for contention and strife and to strike with a wicked fist. You do not fast like you do today to make your voice heard on high. <sup>5</sup> “Is it a fast like this which I choose, a day for a man to humble himself? Is it for bowing one’s head like a reed and for spreading out sackcloth and ashes as a bed? Will you call this a fast, even an acceptable day to the Lord?”*

**Isaiah 58:6-7**, *“Is this not the fast which I choose, to loosen the bonds of wickedness, to undo the bands of the yoke, and to let the oppressed go free and break every yoke? <sup>7</sup> “Is it not to divide your bread with the hungry and bring the homeless poor into the house; when you see the naked, to cover him; and not to hide yourself from your own flesh (family)?”*

## **God's Desire in Fasting and True Worship:**

- 1. To Loosen the Bonds of Wickedness**
- 2. To Undo the Bands of the Yoke**
- 3. To Let the Oppressed Go Free**
- 4. To Break Every Yoke**
- 5. To Divide Your Bread with the Hungry**
- 6. To Bring the Homeless Poor into the House**
- 7. To Clothe Those with Little or No Clothing**
- 8. To Not Hide Yourself from Your Family**

**Isaiah 58:8-11**, *“Then your light will break out like the dawn, and your recovery will speedily spring forth; and your righteousness will go before you; the glory of the Lord will be your rear guard.”*<sup>9</sup> *“Then you will call, and the Lord will answer; you will cry, and He will say, ‘Here I am.’ If you remove the yoke from your midst, the pointing of the finger and speaking wickedness,<sup>10</sup> and if you give yourself to the hungry and satisfy the desire of the afflicted, then your light will rise in darkness and your gloom will become like midday.<sup>11</sup> And the Lord will continually guide you, and satisfy your desire in scorched places, and give strength to your bones; and you will be like a watered garden, and like a spring of water whose waters do not fail.*

## ***If You:***

- 1. Remove the Yoke**
- 2. Remove the Pointing of Your Finger**
- 3. Remove Speaking Wickedness**
- 4. Give of Yourself**

## **God Promises That:**

- 1. Your Light Will Shine Like the Dawn**
- 2. Your Recovery will be Quick**
- 3. God Will Have Your Back**
- 4. God Will Show Up**
- 5. Your Light Will Rise in Darkness**
- 6. Your Gloom Will Become Like Midday**
- 7. The Lord Will Continually Guide You**
- 8. God Will Satisfy Your Desires**
- 9. God Will Give Strength to Your Bones**
- 10. You Will Bear Fruit**