

A sunset scene with a bright sun low on the horizon, casting a warm orange and yellow glow across the sky. The sky transitions to a deep blue at the top. There are scattered, soft white clouds. The text 'Fasting Part One' is written in a large, black, cursive font, centered horizontally and slightly above the middle of the image.

Fasting Part One

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Isaiah 58:1-12

Isaiah 58:6-9

**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?**

**⁷Is 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?**

⁸Then 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.
‘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 58:6-9 (NKJV)**

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“If you take away the yoke from your midst,

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Isaiah 58:6-9 (NKJV)

**¹“Cry aloud, spare not;
Lift up your voice like a trumpet;
Tell My people their transgression,
And the house of Jacob their sins.**

**²Yet 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.

⁴Indeed 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.

⁵Is 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?**

**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?**

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And that you bring to your house the poor who are**

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**“If you take away the yoke from your midst,
The pointing of the finger, and speaking wickedness,**

**¹⁰If 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.**

**¹¹The 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.**

**¹²Those 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.**

Isaiah 58:1-12 (NKJV)



Fasting

Disciple: free from addictions and negatives habits, Matthew 17:21

Ezra: Solving Complex problems Ezra 8:21

Samuel: Revival, I Samuel 7:6

Elijah: Overcoming negative emotions, I Kings 19:4

Paul: seeking clarity in life-changing decisions, John 9:9

Widow's: humanitarian needs, I Kings 17

Daniel: physical health and healing, Daniel 1

John the Baptist: Reputation for holiness, I Kings 1:15

Esther: Devine protection, Esther 4:16