



COLLEGE OF THE SCRIPTURES

Greater Christ Temple APOSTOLIC CHURCH

2940 S. Anthony Blvd. Fort Wayne, IN 46806

Wednesday Evening Bible Study 03/13/2019 6:00 PM

Fundamental Christian Living pt. 3

“The Fast of the LORD”

District Elder Mark A. Haywood
pastor / teacher

GreaterCTC.org



Fundamental Christian Living

Part 3

The Fast of the LORD

Fast: (Gk. “Nesteuo”) = To abstain from food (religiously)

- Fasting is abstaining from food and/or drink for religious reasons and purposes. These reasons vary according to the situation wherein a fast is invoked.
- Let us look at how fasting has been used in the bible:

Joel 1:8-14 NKJV

8 Lament like a virgin girded with sackcloth For the husband of her youth. **9** The grain offering and the drink offering Have been cut off from the house of the LORD; The priests mourn, who minister to the LORD. **10** The field is wasted, The land mourns; For the grain is ruined, The new wine is dried up, The oil fails. **11** Be ashamed, you farmers, Wail, you vinedressers, For the wheat and the barley; Because the harvest of the field has perished. **12** The vine has dried up, And the fig tree has withered; The pomegranate tree, The palm tree also, And the apple tree — All the trees of the field are withered; Surely joy has withered away from the sons of men. **13** Gird yourselves and lament, you priests; Wail, you who minister before the altar; Come, lie all night in sackcloth, You who minister to my God; For the grain offering and the drink offering. **14** Sanctify ye a fast, call a solemn assembly, gather³ the

elders and all the inhabitants of the land into the house of the LORD your God, and cry unto the LORD

- In the Old Testament fasting was used primarily as a means of outwardly showing one's repentance. When a person's actions prove the truth of their words, God moves. When the Apostle Paul preached, he instructed men, women, boys, girls, Jews, and Gentiles that they should repent, turn to God, and do works which are fit for repentance (Act 26:20), let the thief steal no more, let the liar lie no more.
- Fasting is one way of showing God your sorrow over your sins by denying your self. This self-imposed affliction was usually coupled with self-humiliation, as they both fasted and wore sackcloth for clothes.

- Let us remember, the **practice** changes but the **principle** stands forever. We ought to be willing to change our ways and humble ourselves before the LORD our God.
- ***See Jonah Chapter 3***
- This use of fasting is, however, not the best way, there is a fast known as “the fast of the LORD”, let us look into what it is, and what its purpose is:

Isaiah 58:3-6

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. **4** Indeed 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. **5** Is 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

○ Vs. 3 *"Why have we fasted,' they say, 'and You have not seen?..."*

▪ Isaiah 59:1-2

1 Behold, the LORD's hand is not shortened, That it cannot save; Nor His ear heavy, That it cannot hear. **2** But your

iniquities have separated you from your God; And your sins have hidden *His* face from you, So that He will not hear.

○ Vs. 4 *“Indeed you fast for strife and debate, And to strike with the fist of wickedness...”*

- They began to call a fast in order to strike their enemies with an affliction, they would simply then pretend to observe the fast themselves.
- This also involves fasting and praying that God might hear your prayers that you would prosper from wickedness, NONESSENSE. You shall not fast like this!

- Vs. 5 “Is it a fast that I have chosen, A day for a man to afflict his soul?...”
 - Has God even called us to the fast of repentance? Is this what He would prefer from us?
- Vs. 6-7 “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?...”
 - Shouldn't we instead be fasting and praying that God would bring justice and righteousness and blessing?
 - Shouldn't we use our time of fasting to do things such as giving our food (which we are fasting from) to the hungry who cannot

afford food? Isn't this the righteous and upright behavior that the LORD expects from those who carry His name (CHRISTIANS)?

Vs. 8-12

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 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

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.

- These are the results of fasting in righteousness, the fast of the LORD.
- Truly the LORD does desire that His saints would fast, but not that they would fast to show their sorrow and repentance, but rather that we would walk in obedience and fast that He might hear our cries for justice and blessing!

- Jesus gives us some insight as to how to conduct ourselves during a fast:

Matthew 6:16-21

¹⁶ "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. ¹⁷ But you, when you fast, anoint your head and wash your face, ¹⁸ so that you do not appear to men to be fasting, but to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you openly.

¹⁹ "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; ²⁰ but lay up for yourselves treasures in heaven, where neither moth nor rust destroys ¹¹

and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.

†††



WARD WARD
CONFERENCE
2019

Mighty In Battle!
September 27-28, 2019

Dist. Elder Mark A. Haywood
Conference host and visionary

Greater Christ Temple
2940 S. Anthony Blvd. Fort Wayne, IN 46806

Early Registration ONLY \$20 (best value)
February 11, 2019 - July 31, 2019
** Members of Sponsor Churches Early Registration ONLY \$15

General Registration \$25
August 1, 2019 - September 28, 2019
Register online NOW at GreaterCTC.org