



Repentance Tabernacle Church

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Acceptable Fast and Its Purpose!

Scripture: Isaiah 58:3-9

In Isaiah chapter 58 God took His people to task for their double-mindedness. While they appeared eager to please Him, they did not keep His commandments. The Jews' hypocrisy in their fasts, Isaiah 58:3-5 but God's acceptable fast, Isaiah 58:6-9 God used their practice of fasting to illustrate His point.

God tells His people, "If you want to fast the way that pleases Me, begin with getting right with your brothers and sisters. Stop oppressing others and reach out to help others." God required the children of Israel and us to fear Him, and to walk in all his ways. True religion when we love God with all our heart, soul, strength, and our neighbor as yourself and work no ill toward them. When we execute judgment, we should show mercy and compassion. The people of God should not mistreat each other and even those that are not saved. God wants us to show kindness even to our enemies. Proverbs 25:21 tells us, "If thine enemy be hungry, give him bread to eat; and if he be thirsty, give him water to drink." And Jesus commands us to give them that ask and borrow and not to turn them away.

We should know how to speak an encouraging word to them that is weary. And we that are strong in the faith ought to bear the infirmities of the weak. Also, let us be kind to one another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you. Providing you do the fast my way God promises them light, health, and divine protection and when they call on Him, He will answer and say "**Here I am.**" Jeremiah 29:13 says, "And ye shall seek me, and find me, when ye shall search for me with all your heart."

When it comes to fasting, it leads us to a deeper spiritual life and demonstrates our need for God. It should ignite or reignite deeper passion in our relationship with Jesus. Fasting is another way to involve the whole person in prayer. It helps to be able to discern God's direction. Fasting is not always done in response to events or circumstances. It can and should be part of the worship life of the Saints of God.

Fasting is one of the most powerful spiritual weapons we can use. There is a closeness to God that you simply will not experience from prayer or personal devotions alone. Disconnecting from the distractions of the world through fasting, and connecting into the power and presence of God through prayer, **brings a supernatural freshness and newness to our souls.** Even though fasting might be going without food for a period of time, we might want to also disconnect from social media, games, and what we watch on TV.

Fasting hits the reset button of our soul. It helps us to get "**the gunk**" out of God's temple so we can hear his voice clearly and prepare ourselves for new things He wants to do in and through us. We need to give our soul a good spring cleaning to make it fresh again. It's like clearing a runway in our lives for God to land. When you want something new and exciting to happen in your life, then you must create some space. You are making room for God to do what only He can do. **He is a filler, not a forcer.**

Prayer and fasting is about getting out of the driver's seat and getting in the passenger seat. Fasting is the most effective way to really get in alignment with God. We must align our prayers with the Word, and all aspects of our lives with His Word. Done with the right attitude, it demonstrates our humility and often heightens our hunger for more of God in our lives. Fasting done properly, produces a healthy dependency on the Lord. **It demonstrates that church leaders and the people of God recognize that we are to work in harmony and under the direction of God.**

It is a given that fasting is a significant spiritual discipline. And while it is significant, we should not think it earns us credits in some banking system in Heaven. **Fasting is about humility and dependence.** In the Bible, fasting was often a sign of brokenness. Strength may come from humility but we cannot be humble to gain strength. **When done with the proper attitude, it will enhance our spiritual lives.** Every time you experience a pang of hunger, ask God to increase your hunger for Him in the same way that you hunger for food.

May you be blessed with these encouraging words about fasting!