



## **FASTING EFFECTIVELY - PT. 2**

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**Sunday Sermon – 1/11/2026**

**Isaiah 58:6 "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? 7 Is 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? 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 and satisfy the afflicted soul, then your light shall dawn in the darkness, and your darkness shall be as the noonday. 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 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. 13 "If you turn away your foot from the Sabbath, From doing your pleasure on My holy day, And call the Sabbath a delight, The holy day of the Lord honorable, And shall honor Him, not doing your own ways, Nor finding your own pleasure, Nor speaking your own words, 14 Then you shall delight yourself in the Lord; And I will cause you to ride on the high hills of the earth, And feed you with the heritage of Jacob your father. The mouth of the Lord has spoken."**

### **What is Fasting?**

According to Dr. Myles Monroe, “Biblical fasting is a conscious, intentional decision to abstain from eating and other fleshly pleasures for a time to gain vital spiritual and physical benefits.”

Fasting is a powerful practice that helps align our intentions and motives with what truly pleases God. It's an intentional choice to temporarily set aside our earthly desires.

- By fasting, we embrace the opportunity to strengthen our spirit, soul, and body while deepening our connection with God, showing our commitment to growth and self-discipline.
- Fasting should be a natural part of the life of a believer.
- Fasting is a way to seek God by denying physical Food and other pleasures in order to focus on the spiritual nourishment and then the physical resources that God promises us.

Prayer and fasting must always go together, or fasting alone will do you no spiritual good. But if you want the spiritual benefits, make sure to take the time you would have for eating and other pleasures and transfer it to prayer (*Talking to God*), meditation (*Allowing God to Talk to Us*), and studying/hearing God's word!

**Praying and Fasting allow God to reward us!**



**Matthew 6:6 But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly...**

**Matthew 6:17 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.**

In **Matthew Chapter 6**, it says “**When you fast...**” and “**When you pray...**” (not “if”), meaning that both fasting and Prayer are not options, but what God expects of His people.

Also, on a personal level, fasting and prayer should be done secretly and kept from those who don't need to know.

God says, if we fast, He will ensure we are rewarded openly so that all can see the blessing

Prayer and/or fasting are the most powerful privileges God offers humanity; many ignore them.

Most people don't pray and or fast because they don't see the results.

Open rewards mean the manifestation of God's blessings for all to see and/or recognize!  
Fasting, along with prayer, is one of the ways we delight ourselves in the Lord!

**Isaiah 58:14 Then you shall delight yourself in the Lord; And I will cause you to ride on the high hills of the earth, And feed you with the heritage of Jacob your father. The mouth of the Lord has spoken."**

**Psalms 37:4-5 Delight yourself also in the Lord, And He shall give you the desires of your heart.**

When we fast, we can expect some of our desires to be fulfilled.

**5 Commit your way to the Lord, Trust also in Him, And He shall bring it to pass.**

Fasting and prayer are two ways we show our commitment to God. When we do that, God said he will bring our desires to pass.

**The Rewards of Fasting from Isaiah 58:**

Fasting and prayer allow our gifts, resources, and talents to bless others, and it also positions us to be blessed by heaven through others' gifts, resources, and talents.

One way to look at Isaiah 58 is the principle of reciprocity.

**Ephesians 6:7-8 with goodwill doing service, as to the Lord, and not to men, 8 knowing that whatever good anyone does, he will receive the same from the Lord, whether he is a slave or free.**

The principle of reciprocity is grounded in faith. It involves the belief that God observes our actions, especially when we perform them for others with the intention of pleasing Him. When we strive to please the Lord in this manner, He promises to reward us for our efforts.



**Galatians 6:7-10 Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap.**

This principle shows that it will work for anyone who applies it.

**8 For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.**

In Greek, these last words are actually written as "life everlasting." The word for life is "Zoe," representing the God-kind of life—a life filled to the full, overflowing with life everlasting in abundance.

**9 And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart**

There are many weary Saints in the church who are allowing the enemy to exhaust them with their own challenges. Most of this exhaustion is emotional and mental, and not physical. As a result, they have little strength to make a difference in others' lives. When harvest time comes, they realize they have sown little, and therefore their harvest is minimal.

**10 Therefore, as we have opportunity, (we need to ask for and look for opportunities in this time of fasting)**

**...let us do good to all, especially to those who are of the household of faith.**

If ever there was a season that we are empowered to do what is written in Isaiah 58, it is now during the time of fasting and beyond. **"Especially to those who are of the household of faith".**

### **Isaiah 58: Fasting Mission and Rewards**

**1. Verse 6 “loose the bands”** – allow God to use us to bring freedom to the lives of others. ***Fasting to get freedom from addictions.***

As we strive to help others find freedom, fasting and prayer can help you let go of habits that you'd like to break but have struggled as well.

**2. Verse 6 ...“undo heavy burdens”** -allow God to use us to help lift burdens in the lives of others.

**Fasting to solve problems** -we are all made to be an answer to someone's problem.

As we help others, expect things that have been burdening you, like long-standing illnesses, messed-up finances, marriage problems, and employment issues, to be lifted and resolved as well!