



FASTING EFFECTIVELY – PT. 3

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Sunday Sermon – 1/18/2026

Isaiah 58:6 "Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the 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.

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.

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. *They don't see the benefits or the rewards, so they don't do it.*

As we enter this final week of corporate fasting, let's finish strong!

Fasting is one of the primary ways we submit ourselves to God. *When done right, fasting adds tremendously to*



one's life, like spiritual nourishment and physical sustenance. Expect spiritual increase and to increase physically, from health to wealth.

God promises that if we seek a closer walk with Him, He will come closer to us in fellowship.

James 4:6-9 But He gives more grace. Therefore He says: "God resists the proud, But gives grace to the humble." One way to humble ourselves before God is through fasting.

7 Therefore submit to God. Resist the devil and he will flee from you. 8 Draw near to God and He will draw near to you... The closer we draw to God, the more power we have to resist the devil.

Fasting is an act of sacrifice to the Lord, showing our willingness to set aside food and other personal desires to seek a closer walk with Him.

Joel 2:12 "Now, therefore," says the Lord, "Turn to Me with all your heart, With fasting, with weeping, and with mourning."

Romans 12:1 And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.

Fasting is one way we can diligently seek the Lord. **Hebrews 11:6 But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.**

God always rewards sacrifice.

Mark 10:28-31 then Peter began to say to Him, "See, we have left all and followed You." 29 So Jesus answered and said, "Assuredly, I say to you, there is no one who has left house or brothers or sisters or father or mother or wife or children or lands, for My sake and the gospel's, 30 who shall not receive a hundredfold now in this time — houses and brothers and sisters and mothers and children and lands, with persecutions — and in the age to come, eternal life.

Jesus says if you sacrifice anything for me and the gospel, which is the Kingdom of God and the king of that Kingdom, that you can expect not only spiritual blessings but physical blessings as well.

Fasting is an act of faith; *it requires faith to fast in secret and endure physical discomfort, resisting the desires of the flesh, with the expectation of drawing closer to God.*

Fasting from the heart proves that you believe that the Father, Jesus, and the Holy Spirit are real.

God says that if we sacrifice ourselves through fasting, He will reward us.

Isaiah 58 highlights that fasting is not just a passive act but an invitation to serve the Lord through blessing others with what we have(including Prayer). By committing ourselves to noble deeds during our fast, we can expect the Lord to bless us and work powerfully in our lives.

Prayer and fasting allow God to reward us openly in a special way.



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.

God says that if we seek Him by fasting, He will ensure we are rewarded openly so that all can see the blessing. *When this manifestation occurs, don't be shy about sharing it. If you can point to it and testify. Say, "Look at what the Lord has done".*

Open rewards mean the manifestation of God's blessings for all to see and/or recognize! *The world needs to see the manifestation of God's goodness in our lives. This will call many to come and say, "What do I have to do to receive what you have?"*

Isaiah 58 Fasting: Mission and Rewards

Isaiah 58 tells us that, when we fast, God expects another form of sacrifice: to be a blessing to others.

Hebrews 13:16 But do not forget to do good and to share, for with such sacrifices God is well pleased.

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

*We see this principle in scripture in **Ephesians 6:7-8 ...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.

Another scripture that shows the principle of reciprocity is **Matthew 6:33 (AMP) But seek (aim at and strive after) first of all His kingdom and His righteousness (His way of doing and being right), and then all these things taken together will be given you besides.**

You can't seek the kingdom without seeking the king.

Seek His righteousness is NT:1343 Dikaíosunē, Righteousness is defined as conformity to the demands of a higher authority and stands in opposition to lawlessness. In both the Old Testament (OT) and the New Testament (NT), righteousness represents the state that God commands and is subject to His judgment. It entails adhering to all that God commands or appoints. Since God Himself is the standard for believers, the righteousness of God refers to the righteousness that belongs to God, or the righteousness that believers receive from God—essentially, God-like righteousness. Therefore, righteousness, in general, signifies God's uprightness or standard, which man is expected to follow, regardless of the specific form it may take.