

# Isaiah 58 Fast

## *Isaiah 58 Fast: Pastor's Sermon Notes*

**Introduction:** According to Isaiah 58, the kind of *fast* that God wanted from His people was not a day of personal abstinence, but a proper response to care for those in need around them. Verses 6–11 describe the *fast* that God says is “acceptable” to Him. [Corollary passage: James 2:15–17.]

This fast was addressed to the people of Israel, calling them to care for the needy among their own “flesh and blood” (v. 7). Christians today are also called to share their blessings with needy Jews, as Paul explained in Romans 15:27. That is why our church is choosing to participate with many other churches across America in a special *fast* for Israel.

### 1. What is an “Isaiah 58 Fast”?

Isaiah 58 is known as “the fasting chapter” of Scripture. In verses 1–5, God chastises Israel because they have wrongly understood the *fast*. In verses 7–11, He describes the *fast* that pleases Him. Then in verses 8–11, the benefits of this *fast* are described:

- v. 8 You will be a light in darkness and experience rapid recovery, your righteousness will be proclaimed, and God’s glory will protect you
- v. 9 The Lord will manifest His presence in your life
- v. 10 Your gloom will lift producing a better attitude toward life, and
- v. 11 God will guide you and satisfy your needs, and you will have divine strength.

Then verse 12 says those who care for the needy of God’s chosen people will be called “*the Repairer of Broken Walls, Restorer of Streets with Dwellings.*”

### 2. What Do We Fast?

An *Isaiah 58 Fast* is not giving up certain foods for ourselves, but caring for those who suffer from not having food and other essentials (Isaiah 58:7). If our church will minister food, clothing, shelter, and other necessities with Israel’s needy people living in the former Soviet Union, God promises His blessing upon us as He states in Genesis 12:3 (*I will bless those who bless you*).

### 2. How We Can All Participate

The elements of this fasting challenge are:

- We are asking for an “over and above” gift of \$58 for each person or family in our church in order to provide food, clothing, and shelter for suffering Jewish people in the former Soviet Union for one month.
- Decide as a family or individuals what you want to do