

## A More Powerful Fast, Approved of the Lord

Scripture reveals three basic kinds of fasts, tied to greater physical and spiritual “health” for us, and more influence with the Lord as we fast for desired results. They include, (1) the *Short Absolute Fast* – for a short time period with no food or water, such as 1 day, (2) the *Longer Fast* – such as 3 days, 7 days, or even 40 days, with no food, but supplemented by water, juices, etc., And (3) the *Partial or Daniel Fast* – fasting from specific foods, like sugar, dairy products, or meat, and for longer time frames, such as 7 days, 30 or 40 days, etc. There is also “fasting” from things like media, types of recreation, even intimate relations, all in an attempt to draw closer to the Lord. In each case, fasting is a *freewill sacrifice* within a specific time frame, in an effort to overcome the flesh and the world generally. It is the willful “*afflicting of our soul*,” a demonstration of our love of the Lord, revealing our heartfelt desire to receive His voice, direction, and blessings. In Isaiah 58, Isaiah lists the Lord’s preferences for a more effective, *acceptable* fast. It features seven parts. The first four provide greater power in overcoming, sin, the world, and Satan - in fasting, whereas the latter three parts are tied to serving others during the time we are “afflicting our souls.” Done well, there are *ten* blessings promised in this kind of “fast.”

**“Is not this the fast I have chosen?”** (Isa. 58:6-7)

1. “*To loose the bands of wickedness*” – freeing ourselves, and others, from various additions to sin
2. “*To undo the heavy burdens*” – to solve problems, overcome burdens and barriers, to have help in lifting heavy loads
3. “*To let the oppressed go free*” – from physical and spiritual slavery to sin and oppression of all kinds
4. To “*break every yoke*” – conquering mental and emotional problems controlling our lives
5. “*To deal they bread to the hungry*” – to care for the needs of others
6. “*that thou bring the poor that our cast out to thy house*” – to help the poor
7. “*when thou seest the naked, that thou cover him*” – to show love to the needy, God’s children

If we do the things of His “fast” **the Lord promises us ten blessings** (Isa. 58:8-11)

1. “*Then shall thy light break forth as the morning*”
2. “*and thine health shall spring forth speedily*”
3. “*and thy righteousness shall go before thee*”
4. “*the glory of the Lord shall by thy rereward*” (rear guard)
5. When we call, “*the Lord shall answer*” and “*he shall say, Here I am*”
6. And if we do the things He has taught us, “*and draw out thy soul to the hungry, and satisfy the afflicted soul; then shall they light rise in obscurity, and thy darkness be as the noonday*”
7. “*And the Lord shall guide thee continually*”
8. And He shall “*satisfy thy soul in drought, and make fat they bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not*”
9. Those taught, served, and influenced of thee “*shall build the old waste places; thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in*”
10. And if all will also honor the Sabbath, making it a delight (revealing love of the Lord), then “*I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the Lord hath spoken it.*”