

April 2019 Fasting

“The Acceptable Fast”

(04/01/2019 to 04/12/2019)

Obstacles to a Productive Kingdom Lifestyle of Fasting

04/01/2019

Isaiah 58:1 AMP

“Cry aloud, do not hold back;
Lift up your voice like a trumpet,
And declare to My people their transgression
And to the house of Jacob their sins.

- Transgression (rebellion). E.g. disobedience, lawlessness, etc.
- Sin (missing the mark) consciousness are obstacles to a lifestyle of fasting. E.g. guilt, condemnation, etc.

04/02/2019

Isaiah 58:2 AMP

“Yet they seek Me day by day and delight [superficially] to know My ways,
As [if they were in reality] a nation that has done righteousness
And has not abandoned (turned away from) the ordinance of their God.
They ask of Me righteous judgments,
They delight in the nearness of God.

- Pretense.
- Eye service.
- Lawlessness.
- Selfish gain.

04/03/2019

Isaiah 58:3 AMP

‘Why have we fasted,’ *they say*, ‘and You do not see it?
Why have we humbled ourselves and You do not notice?’
Hear this [O Israel], on the day of your fast [when you should be grieving for your sins] you find *something you* desire [to do],
And you force your hired servants to work [instead of stopping all work, as the law teaches].

- Lack of understanding of who the Lord is (as one who sees, who hears and who knows).
- Regard fasting as a duty versus a lifestyle.
- False humility (true humility is submitting to the counsel and ways of God).
- Selfishness (fleshly/carnal/unpleasing to the Lord instead of faithful).
- Abuse (abnormal use of people and resources).

04/04/2019

Isaiah 58:4 The Voice

Your kind of fasting is *pointless*, for it only leads to *bitter* quarrels, contentious *backbiting*, and vicious fighting.
You are not fasting today because you want Me to hear your voice.

- Unguided by the Spirit of God.
- Bitter quarrels.
- Contentious backbiting.
- Vicious fighting.

04/05/2019

Isaiah 58:5 AMP

“Is a fast such as this what I have chosen, a day for a man to humble himself [with sorrow in his soul]? Is it *only* to bow down his head like a reed
And to make sackcloth and ashes as a bed [pretending to have a repentant heart]?
Do you call this a fast and a day pleasing to the LORD?”

- Religion (carried out man's way/ideas and the appearance thereof) e.g. putting on a sad appearance, shabbily dressed, false humility, etc. such that it is evident that one is fasting. Pretense, etc.

INSTEAD OF

- Kingdom (by faith, spirit led and not seeking man's approval, keeping the lifestyle sacred and secret, pleasing the Lord in the process, desiring nothing but His goodwill in the process.)

The Acceptable Fast by the Lord.

04/06/2019

Isaiah 58:6 The Voice

No, what I want in a fast is this:

- to liberate those tied down and held back by injustice,
- to lighten the load of those heavily burdened,
- to free the oppressed and shatter every type of oppression.

Isaiah 58:6 KJV

Is not this the fast that I have chosen? **to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?**

- **To loose the bands of wickedness**
 - To loose: Hebrew "pathach" – let go free, to set forth, put off, unstop, have vent, etc.
 - The bands: Hebrew "chartsubbah" - a fetter; figuratively, a pain.
 - Wickedness: Hebrew "Resha" – wrong, wickedness, guilt.
 - **On a day of fast, it is also required of us to let go pain, guilt, wickedness, wrong, etc. for ourselves and others.**
- **To undo the heavy burdens**
 - To undo: Hebrew "nathar" – to loosen, set free, unbind

- Heavy: Hebrew “mowtah” – yoke, band, stave
- Burdens: Hebrew “aguddah” – bunch, burden, troop, band, binding
- **Acknowledge that we have been set free (made free; Romans 8:2, 36) from every yoke binding us. In this context, a yoke will signify the burdensome yoke of self-righteousness and legalistic law-keeping. These are burdensome and may eventually lead to oppression. We ought to undo these burdens.**

- **Let the oppressed go free, and that ye break every yoke**
- Let the oppressed go free: Hebrew “ratsats” – oppressed, broken, bruised, crushed, discourage, struggle together.
- That ye break every yoke: Hebrew “nathaq” – pull, tear, draw off, draw away, draw out, lift, etc.
- **On a day of fast, we should identify the “wounded” people around us and provide a form of freedom by lifting their burdens. E.g. give a word of encouragement to the oppressed, etc.**

04/07/2019

Isaiah 58:7 The Voice

A fast *for Me* involves sharing your food with people who have none,
giving those who are homeless a space in your home,

Giving clothes to those who need them, and not neglecting your own family.

- Share your food, bread, meal on the day of your fast with those who do not have (hungry). The meal you would have eaten and more, deliberately give that meal to another or the finances needed to purchase your meal for that fast period.
- Providing shelter for those who do not have by housing them or providing what it takes to house another person or group of people.
- Clothe the naked.
- Attend to the needs of your own family members.

- **Isaiah 58:7 is an exercise of our giving virtue. Part of fasting requires that we give and do so generously. The instructions from this verse are very specific. We are to “give” food, shelter, clothes to the “needy” not to those who already have. Also, to attend to the needs of our families. Therefore, it is not random, rather specific.**

Understand Each Promise and Declare the Promises over your Life

04/08/2019

Isaiah 58:8 NKJV

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.

Isaiah 58:8 GNT

“Then my favor will shine on you like the morning sun,
And your wounds will be quickly healed.
I will always be with you to save you;
my presence will protect you on every side.

1) Then your light shall **break forth** like the morning,

Synonyms for light include: Illumination, brightness, luminescence, luminosity, shining, gleaming, brilliance, radiance, luster, glowing, blaze, glare dazzle.

What is typical about the dawn (morning)?

-Is a time when the sun rises (brightness, radiance, etc., is experienced).

-It communicates hope and new opportunities

-It is progressive not sudden

This portion of scripture speaks of a sudden experience of a new season in my life. A season of the Lord's favor. A sudden change in season will be my benefit when I fast the Lord's way.

2) Your healing shall spring forth speedily.

Our healing/restoration/health/recovery/repair will accelerate.

3) And your righteousness shall go before you;

Our right standing will begin speaking for us even before we arrive. Our season of reward is here and now.

4) The glory of the LORD shall be your rear guard.

The Lord's divine protection in my life is guaranteed.

Understand Each Promise and Declare the Promises over your Life

04/09/2019

Isaiah 58:9ab NKJV

Then you shall call, and the LORD will answer;
You shall cry, and He will say, 'Here I *am*.'

Isaiah 58:9ab GNT

When you pray, I will answer you.

When you call to me, I will respond.

5) Then you shall call, and the LORD will answer;

Every barrier is taken off – people and self-imposed barriers that prevent me from receiving from God (Isaiah 58:1-5, 9cd-10ab)

6) You shall cry, and He will say, 'Here I am.'

His tangible presence will be my daily bread. I will no longer feel that the Lord is distant from me, because He is never distant from me. His comfort will be real to me and I will enjoy His companionship.

Understand Each Promise and Declare the Promises over your Life

04/10/2019

Isaiah 58:10cd NIV

then your light will rise in the darkness,
and your night will become like the noonday.

7) then your light will rise in the darkness,
Prominence. Significance. Recognition.

8) and your night will become like the noonday.

My days of mourning have ceased. It is a new dawn for me. My seasons have changed for the best. I am enjoying the Apex of brightness in every area of my life

Understand Each Promise and Declare the Promises over your Life

04/11/2019

Isaiah 58:11 NIV

The LORD will guide you always;
he will satisfy your needs in a sun-scorched land
and will strengthen your frame.

You will be like a well-watered garden,
like a spring whose waters never fail.

9) The LORD will guide you always;

Perpetual Divine Guidance.

10) he will satisfy your needs in a sun-scorched land

Favor. Zero lack. Success amidst recession.

11) and will strengthen your frame.

Invigorate. Sharpness. Energized.

12) You will be like a well-watered garden,

Flourish. Never lacking that which is needed for growth. Others will drink from me because I am well-watered, I have enough for me and to spare.

13) like a spring whose waters never fail.

I know my source (God) and my source never runs dry. More than enough and abounding supply from Him to me always.

Understand Each Promise and Declare the Promises over your Life

04/12/2019

Isaiah 58:12 NIV

Your people will rebuild the ancient ruins
and will raise up the age-old foundations;
you will be called Repairer of Broken Walls,
Restorer of Streets with Dwellings.

14) Your people will rebuild the ancient ruins

Restoration. Opportunities.

15) and will raise up the age-old foundations;

Elevation.

16) you will be called Repairer of Broken Walls,

Name Change. Recognition.

17) Restorer of Streets with Dwellings.

Name Change. Recognition.

Compiled by TOMS – 04/2019