

## ***Fasting Part 11***

***“1 Cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins. 2 Yet they seek me daily, and delight to know my ways, as a nation that did righteousness, and forsook not the ordinance of their God: they ask of me the ordinances of justice; they take delight in approaching to God. 3 Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. 4 Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. 5 Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD? 6 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? 7 Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? 8 Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward. 9 Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; 10 And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day: 11 And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not. 12 And they that shall be 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. 13 If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: 14 Then shalt thou delight thyself in the LORD; and 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..” (Isaiah 58:1-14 KJV)***

A fasting day is a day that suppose to be pleasant to the Lord; a day that would be acceptable to the Lord our God. Fasting is to withhold from taking food or drink of any nutritional value for a period of time; for example from morning till evening. Our aim from fasting is to please God and to draw near to Him. But that will not come only by withholding from taking food and drink but at the same time is to do things that please God as we can conclude from the chosen passage of the Bible, and as the following:-

***1. Fasting is a day of repentance from sins: “1 Cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins.” (Isaiah 58:1 KJV)***

***\* Repentance, is to confess and forsake your sins, turn to God, and have faith in the Lord Jesus.***

***\* Repentance, is to start to do the good that you know but you are not doing.***

***\* Repentance is to do the good work and fulfill God’s purpose that He created for.***

***2. Fasting is to seek God daily: “2 Yet they seek me daily, and delight to know my ways, as a nation that did righteousness, and forsook not the ordinance of their God: they ask of me the ordinances of justice; they take delight in approaching to God.” (Isaiah 58:2 KJV) In your fasting you ought to delight to seek God that He will reveal His righteous ways to you so that you will know them and can walk in them.***

***\* Fasting is to seek God and to delight to draw near to God.***

***\* Fasting is to delight in the ways of God and not to forsake the ordinances of justice and the command of God.***

***3. Fasting is not to complain against God: “3 Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours.” (Isaiah 58:3 KJV) The people of God were complaining that God is not answering them and that He did not take notice of their fasting and the day they afflicted themselves. God answered them that the same day that you fast you are taking advantage of those laborers who works for you and you are not giving them what is due to them as He told them, ***Behold, in the day of your fast ye find pleasure, and exact all your labours.*** When God is not answering your prayer and fasting, it means there is something fault in your ways of life before God. Search your heart and life and see what injustice you are doing against God as you are doing it against the people.***

***4. In the day of your fasting God shall reveal to you your sins: “4 Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high.” (Isaiah 58:4 KJV) God faced His people with their sins through this prophecy of the prophet Isaiah. God faced them with their wrong attitude of fighting and arguing and doing wicked things against others. God assured them, that if they will continue to do such they will not expect that they will be heard by God when they will pray and fast. As God reveal to you your sins, you need to humble down and correct yourself and stop your rebellious attitude, stop your fighting, stop your arguing, and stop doing wicked things against other to prevail. Stop doing all these evil things so God will listen and respond to your prayer and fasting.***

***5. Do not be a hypocrite: “5 Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?” (Isaiah 58:5 KJV) The people of God when they were fasting, they were wearing sackcloth and put ashes under them, and bow down like a broken plants. They do all that as a show, but from inside there is no repentance and non willingness to be changed. God want you to be really changed; stop hypocrisy and remove the mask from your face and implement what you are learning from God’s Word in your life.***

***Fasting is to stop doing the following sinful acts: Like injustice by exploiting all your workers and not giving them their rights, corruption, quarrelling, strife, pointing finger and malicious talk. If such things are in your life then don’t expect that the Lord will hear your prayer and fasting.***

## 6. The true fasting:

A. **“6 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?” (Isaiah 58:6 KJV)** God is explaining here to His people and to us the meaning of true fasting by avoiding doing wicked acts against others and to release the heavy loads that we force others to bear, and to give freedom to the oppressed and set people free from the yoke of oppression and slavery. God explained that also in verse 9, **“9 Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;” (Isaiah 58:9 KJV)** If you want God to hear your prayer then instead of injustice, give each one his rights and what is due for him, avoid oppression and taking advantage of the weak and the poor.

Fasting mean to keep love and harmony as the Lord Jesus commanded us: **“34 A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another. 35 By this shall all men know that ye are my disciples, if ye have love one to another.” (John 13: 34-35 KJV)**

B. **“7 Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?” (Isaiah 58:7 KJV)** Fasting is to share the blessings with others; fasting is to share your food with the hungry and to provide to the poor, and satisfy the afflicted as we can also in verse 10. **10 And if thou draw out thy soul to the hungry, and satisfy the afflicted soul;” (Isaiah 58:10 KJV)** God in His Word had commanded His people and us to help the poor and the needy as we can read here: **“11 For the poor shall never cease out of the land: therefore I command thee, saying, Thou shalt open thine hand wide unto thy brother, to thy poor, and to thy needy, in thy land..” (Deuteronomy 15:11)** Therefore fasting means to help the poor and needy.

Fasting is to care for your own children whom God gave to look after and do your responsibility toward them and that is the meaning of what He said, and that thou hide not thyself from thine own flesh. Many parents neglect their own children, leave them and go with other partners and start new families, but they forgot to care and provide spiritually, emotionally and materially for their own children. God want them to repent from such and to go back to their first families.

7. Fasting is not to neglect the Sabbath and the day of worship and your ministry, and fasting is not do your own and your will: **“13 If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words:” (Isaiah 58:13 KJV)** To keep the Sabbath is to keep the day of worship to the Lord. Our requirement to God in worshiping Him, serving Him and other commitments need to be honored in your life. Fasting is to do what God wants and likes, not what you desire.

God had showed us His great love when He sent His Son Jesus Christ to save us. Jesus died on the cross for our sins; He was buried and rose from the dead on the third day to

give eternal life to those who believe in Him and follow His steps in their lives. \* For such a great sacrifice God wants us to be truthful to Him and to His Word that we read in the Bible.

\* Therefore when you fast you cannot mock God. In addition to the empty stomach God wants you to be meek, humble, repentant, obedient to His Word, doing His will, kind to the poor and needy, considerate, and helpful to those under injustice and in bondages in order for them to be set free from the power of devil.

## 8. True fasting is fruitful and effective:

A. As you obey God and implement the principles of fasting you will be a good example to others and your will shine for Jesus and the Lord shall go before you to do miracles and marvelous things to assist you in your life and ministry unto the Lord. **“8 Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward.” (Isaiah 58:8 KJV)** There will be in your life and ministry, healing of sicknesses, breaking of bondages and deliverance from demonic forces and traps of the devil.

Indeed you will shine before Him and others will see that clearly as He promised: “10 And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day;” (Isaiah 58:10 KJV)

B. As you obey God and implement the principles of fasting God shall answer your call and he will respond to your cry and will say to you Here I am with a quick answer prayer, relief and deliverance. Indeed you will be well helped by the Lord. **“9 Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;” (Isaiah 58:9 KJV)**

C. As you obey God and implement the principles of fasting you shall always receive guidance and direction from Him where to move and what to do, God shall satisfy your needs even in a desert land and will give you the strength, and the good health to be sustained: **“11 And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.” (Isaiah 58:11 KJV)**

D. As you obey God and implement the principles of fasting you shall be used by God to bring revival and to rebuild up again new ministires that had affected with damages: **“12 And they that shall be 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.” (Isaiah 58:12 KJV)**

E. As you obey God and implement the principles of fasting God shall reward you, feed you, supply you, and promote you to do greater things for Him: **“14 Then shalt thou delight thyself in the LORD; and 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..” (Isaiah 58:14 KJV)** As you obey God and implement the principles of fasting you will have the joy in your life unto God and will be able to move on and possess the land for the joy of the Lord shall be your strength.

**My Dear and Beloved:** God wants you to be truthful to every Word that you read and heard in this message. If you will consider the points that we discussed in your life then you will reap guidance and direction from the Lord. He will satisfy your needs even in a desert land and He will give you the strength to be sustained. You will have the joy in your life unto God and you will be able to move on and possess the land and reaching new people for Christ. Your light will shine before others and they will see God clearly working in your life. The Lord shall use you to rebuild and restore the ancient ruins There will be in your life and in your ministry healing of sicknesses, breaking of bondages and deliverance from demonic forces and traps of the devil. The Lord shall answer your prayers and you will be ever well helped by the Lord.

**My Prayer:** *Father God I come before you in the name of Jesus who died for my sins on the cross and rose from the dead to give me eternal life.*

*Lord thank you for your Word that showed me clearly what is the meaning of fasting and what you really needs from me to do.*

*Repent now and renounce all your sins. Repent and renounce hypocrisy, injustice, oppression, breaking the Sabbath, non willing to serve God, doing your own will and plans, arguing, fighting and doing wicked things against God and against His Word and His will.*

*Lord I confess and renounce the following sins and wrong attitudes and actions*  
\_\_\_\_\_.

*Lord I humble myself before you. Lord, I commit myself to change my character and my attitude. Lord I will work with you to show more fruit of the Holy Spirit. More of love, joy, peace, long-suffering, patience, self-control, generosity, gentleness and kindness so people will see you and recognize you through my life. Lord I commit myself to correct what injustice I did and to give the people their rights and to the poor what is due for them.*

*Lord I pray for us as a church to be doer of your Word and to accomplish the tasks that you had called us to do for you. Lord refill us again with the Holy Spirit and give us the spiritual gifts that we need in our lives. Lord enable us to evangelize and reach new people with the Gospel and the message of Jesus Christ. Lord fill us with love, mercy, justice and righteousness and enable us to plant more Bible studies and congregations for the church. Lord bless us, enlarge our territory, let your hand be with us, and free us from harm so we will not feel pain. May the grace of the Lord Jesus and the love of God and the fellowship of the Holy Spirit be with us all in Jesus name, Amen.*

Dr. Ramiz Khalaf  
The Church Overseer  
Church of God  
United Arab Emirates  
Email: [thebread1@gmail.com](mailto:thebread1@gmail.com)  
Mobile Tel #: 00971551902647

Note: The Bread of Life is a weekly publication from the Church of God, United Arab Emirates. For further issues and more spiritual enrichment you can visit our web site at: [www.churchofgoduae.com](http://www.churchofgoduae.com).

Share the message with your friends.

Please share with us your view about the message and if you have any question.

If you have a prayer request, please send it to this whatsapp Number: 00971551902647, or to this email: [thebread1@gmail.com](mailto:thebread1@gmail.com).

Please send your tithes, your first fruit, and your various offerings to the church to this account

BANK NAME:  
First Abu Dhabi Bank (FAB)  
ACCOUNT NAME:  
RAMIZ BAHNAM ABBO KHALAF  
ACCOUNT NO.:  
1576003753162014  
IBAN:  
AE380351576003753162014  
SWIFT CODE:  
NBADAEACPU

Or contact me to this whatsapp Number: 00971551902647, or to this email: [thebread1@gmail.com](mailto:thebread1@gmail.com).

If you need counseling in area of your life, whether about family, children or finances, please be free to contact me to this whatsapp Number: 00971551902647, or to this email: [thebread1@gmail.com](mailto:thebread1@gmail.com).