

## Results of their religious activity:

1. Self-indulgence
2. Oppressing others
3. Quarreling and Fighting

The real authenticity of your worship on Sunday plays out on Monday.

We have to be so careful that we don't substitute religious fervor for righteous living.

## The fast God chooses:

1. Lifts burdens
2. Feeds the hungry
3. Helps the homeless
4. Clothes the naked
5. Causes us to be sympathetic
6. Deals with Hatred
7. Causes us to be concerned with souls

## Results of this type of fast:

Guidance, satisfaction, strength, health, purpose, restoration.

## Questions for reflection/discussion:

1. What is one thing that stood out to you from this week's message?
2. What are some ways you or someone you know has hidden behind religious words or actions to avoid engaging in justice?
3. Did you realize the Bible talks so much about justice? In what ways might the Christian church today—especially in the West—be missing this focus?
4. What is one group our church community has not treated as God commands? How could we change in this area?
5. How could your spiritual disciplines (such as prayer or fasting) be moved from just devotional/personal to something that works to implement God's heart toward the world?



Sunday, March 24, 2019

**Series:** Ashes

**Speaker:** Rev. Daniel Johnson

**Title:** Let there be Light

**Text:** Isaiah 58

Fasting

- “Fasting refers to the refraining from food for spiritual purposes.” Richard Foster
- Matthew 6:16 - Jesus said “When you fast,”

- 1) Fasting was expected by Jesus
- 2) If you are fasting to be recognized by others, that's your reward

Isaiah 58:1 “*Cry aloud; do not hold back; lift up your voice like a trumpet; declare to my people their transgression, to the house of Jacob their sins.*”

## 5 Religious Activities the People are involved in: vs. 2-3

1. they are 'seeking God daily'
2. they 'delight to know His ways'
3. they ask for 'righteous judgements'
4. they “delight to draw near to God’
5. they are 'fasting and humbling themselves’

vs 3 “*Why have we fasted, and you see it not? Why have we humbled ourselves, and you take no knowledge of it?*”

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