

The Transforming Friendship

The Discipline of Fasting – Isaiah 58

Read/Reflect

1. Read Isaiah 58: 1-5
 - Reflect on the idea of fasting. What are your initial reactions to the discipline of fasting?
2. Read Isaiah 58: 6-9a
 - Reflect on the purpose of fasting as described in this section of Isaiah 58.
3. Read Isaiah 58: 9b-12
 - Reflect on the verses that describe how your relationship with God is affected by fasting.
4. Read through Isaiah 58 in its entirety and search your heart if there is a stirring or a desire to fast.

Explore

5. What do you believe is the purpose of fasting?
 - To get an answer from God regarding a decision you need to make
 - To change God's mind in how your future will play out
 - To clear out space in your heart to make room for God
 - To gain blessing and favour from God for doing practices that please Him
6. Can you think of things inside your heart that you need to surrender? Is there anything taking up space that you need to sacrifice in order to restore God as the king of your heart?
7. When you examine yourself and the world around you, what do believe God wants to do in those places? Read Isaiah 58: 6-9a again. If you were to look at the world through God's eyes, what are some chains of injustice that need to be loosed? What are the oppressions you see around you? If you thought of some answers to these questions, ask God how he would like to move in those places.
8. If we spend time fasting, what are the outcomes of the practice? How can we guard our hearts from wanting to control the world again?

Pray

- **Self-Evaluate:** Survey your life and ask yourself if there are any grievous situations, any moments of fear and anxiety, any sacred moment that you feel the need to invite God into
- **Inquire:** Ask God if he is leading you to fast at this time.
- If you feel compelled to fast, ask God to reveal when and how to fast
- If you feel drawn to fast, use the time to surrender, to rely on God, and to watch for his plan of care.