

Isa 58:3-11. 'Why have we fasted,' they say, 'and you have not seen it? Why have we humbled ourselves, and you have not noticed?'

Why are they fasting? _____

Why is humility linked with fasting? _____

Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high.

Why is prayer linked with fasting? _____

What interferes with prayer? _____

Is this the kind of fast I have chosen, only a day for a man to humble himself? Is it only for bowing one's head like a reed and for lying on sackcloth and ashes? Is that what you call a fast, a day acceptable to the LORD?

Who chooses how to fast? _____ Who must be pleased by it? _____

Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter — when you see the naked, to clothe him, and not to turn away from your own flesh and blood?

What is the purpose of fasting? _____

Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard. Then you will call, and the LORD will answer; you will cry for help, and he will say: "Here am I."

What does God promise if we obey? _____

If you do away with the yoke of oppression, with the pointing finger and malicious talk, and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.

What are we to stop? _____

What are we to provide? _____

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

Who provides for us? _____

What does God provide? _____

Where does God provide? _____

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

Describe in practical terms what it means to be a well-watered garden, and an eternal spring:

Hints:

Jn. 4:13-14 Jesus said to her, “Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty forever. The water that I will give him will become in him a spring of water welling up to eternal life.”

Joh 7:38 Whoever believes in me, as the Scripture has said, ‘Out of his heart will flow rivers of living water.’”

Ps 1:1-3 Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the LORD, and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. NIV