

Fasting for the Kingdom of God: Rewards of Fasting



Scriptures

- **Isaiah 58:6, 8-9, 11-12**

Is this not the fast which I choose, to loosen the bonds of wickedness, to undo the bands of the yoke, and to let the oppressed go free and break every yoke? Then your light will break out like the dawn and your recovery will speedily spring forth; and your righteousness will go before you; The glory of the LORD will be your rear guard. Then you will call, and the LORD will answer. And the Lord will continually guide you and satisfy your desire in scorched places and give strength to your bones; and you will be like a watered garden, and like a spring of water whose waters do not fail. Those from among you will rebuild the ancient ruins; You will raise up the age-old foundations; and you will be called the repairer of the breach, the restorer of the streets in which to dwell.

Other Scriptures

- Matthew 6: 4, 16
- Hebrews 11:6
- Romans 8:13
- 1 Peter 4:14
- Ephesians 1:18
- 2 Corinthians 9:6
- James 1:5
- Matthew 23:20
- John 8:32

Main Points

- Check with your doctor if you have a medical condition that could prevent you from fasting.
- Fasting isn't a cookie-cutter approach; what's right for one person isn't necessarily what's right for another.
- **Tsum** in Hebrew means *FAST* in English
- Benefits of fasting
 - We break off oppression.
 - We are brought into greater light.
 - We receive a supernatural recovery.
 - We receive supernatural guidance.
 - We enter a greater supernatural joy.
 - We become more fruitful in our lives.
 - Fasting equips us to serve the King.

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Main Points (cont.)

- Be open to the Holy Spirit and don't be afraid to master the flesh.
- God responds to those whose heart is right before Him.
- The confidence of knowing that our steps are being ordered by the LORD, brings real peace into our lives.
- Denying our self, the natural for the sake of the kingdom, will strengthen us in the spirit.

Discussion Questions

1. What did Rabbi mean when he said, “fasting isn’t a cookie-cutter approach”? What should guide us in designing our fasting experience?
2. Rabbi gave a long list of the benefits of fasting based on Isaiah 58. Which of those benefits are speaking to your need right now? How do you see God leading you in fasting at this point? Decide now to commit to a fast. Continue to pray, listen to the Spirit, and begin to develop a plan and a timetable for your fast. Write about it here.
3. Rabbi mentioned the benefit of fasting for those needing healing for a broken heart. Is this you? Write here in what ways you would like God’s healing?
4. After your period of fasting, write here what you sense God did for you during your fast. Let DTJJ Ministries know your result. rabbi@discoveringthejewishjesus.com