

The Real Meaning of Fasting



Matthew 6:16-18



Hypocritical vs. Humble

Isaiah 58:1-12

- Fasting means nothing when...
 - *You abuse your workers (v. 3, Lev. 16:29)*
 - *You fight and kill (v. 4, 1 Kings 21:8-10)*
 - *You have no remorse (v. 5)*
- The real fast God desires
 - *Free your slaves (v. 6, Jer. 34:8-16)*
 - *Be generous and hospitable (v. 7)*
 - *Love your neighbor as yourself!*



Hypocritical vs. Humble

Isaiah 58:1-12

Are our actions disconnected from
our thoughts and motives?

James 1:26-27

Acts 14:23



Compartmentalized vs. Complete

Zechariah 7:1-12

- "When you fasted, did you do it for Me or you?" (v. 5)
- When you eat/drink, do you do it for Me or you?" (v. 6-7)
- "If you listened in the beginning there would be no need!" (v. 8-12)

Captivity Fasts
(Zech. 8:19, 2 Kings 25)

*10th month - Jerusalem sieged
4th month - Jerusalem breached
5th month - temple burned
7th month - Gedaliah murdered*



Compartmentalized vs. Complete

Zechariah 7:1-12

Are our lives disconnected from what we do & say in worship?

Colossians 3:17, 1 Corinthians 10:31

1 Timothy 2:8, 1 Peter 3:7

1 Corinthians 10:14-16, 11:20-22

Ephesians 5:18-19

James 4:13-14



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A Humble Heart
A Complete Heart

