

## **FASTING AND PRAYER GUIDE (1/13/2025 – 2/2/2025)**

### **ISAIAH 58:6-14**

***v.6 “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?”***

- Praise Him for being the God of justice
- Ask God to loose the chains of injustice (unjust bonds put on people)
  
- Praise Him for being the God who unties people from their yokes (burdens/bondages)
- Ask God to free people who have gotten tangled in yokes (burdens/bondages)
  
- Praise Him for being the God who sets the oppressed (crushed) free
- Ask God to set the oppressed (crushed) free
  
- Praise Him for being the God who breaks every yoke (the impossible ones)
- Ask God for deliverance where it seems impossible

***v.7 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 them, and not to turn away from your own flesh and blood?”***

- Praise Him for being the Great Provider
- Ask God to help us be vessels of provision (hungry, poor, wanderer, naked)
  
- Praise Him for being the God who loves His creation (flesh and blood)
- Ask God to turn our hearts, in love and compassion, towards people

***v.8 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.***

- Praise Him for being the God of Light
- Ask God to reveal Himself to people in spiritual darkness
  
- Praise Him for being the Great Healer
- Ask God to quickly bring healing
  
- Praise Him for being the God who gives us His righteousness
- Ask God to use His righteousness through us to create opportunities

- Praise Him for being the God whose glory is our rear guard
- Ask God to be our rear guard (protection)

***v.9, 10 Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I. “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.***

- Praise Him for being the God who answers prayer in response to obedience
- Ask God to grow our obedience so we can see an increase in answered prayer

***v.11 The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.***

- Praise Him for being the God of all provision
- Ask God to guide, satisfy our needs, strengthen our frames, and to receive His endless supply of provision

***v.12 Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings.***

- Praise Him for being the God who cares about our cities
- Ask God to help us rebuild ancient ruins, raise up age-old foundations, repair broken walls and restore streets with dwellings

***v.13 “If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words,***

- Praise Him for being the God of the Sabbath
- Ask God to help us honor and enjoy His Sabbath by making it a priority

***v.14 then you will find your joy in the LORD, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob.” For the mouth of the LORD has spoken.***

- Praise Him for being the God of joy, triumph and inheritance
- Ask God to help us find joy, triumph and inheritance in Him