

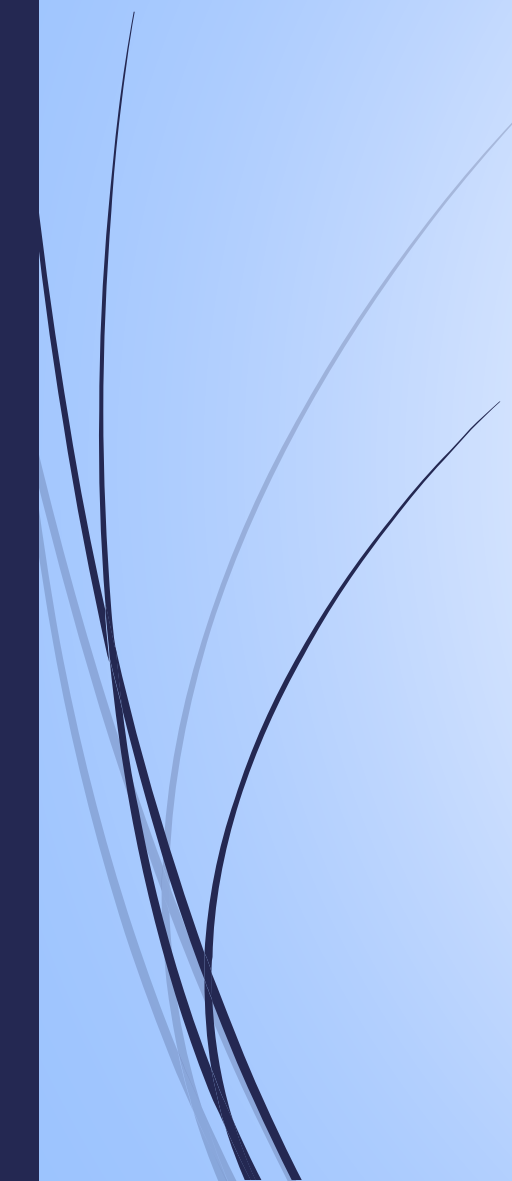


# Treasure #3: Fasting



## Matthew 6:16 NIV

*“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full.”*







Isaiah 58:3-5 NIV

*‘Why have we fasted,’ they say,  
‘and you have not seen it?  
Why have we humbled ourselves,  
and you have not noticed?’ “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.*



Isaiah 58:3-5 NIV

*You cannot fast as you do today  
and expect your voice to be heard on  
high. Is this the kind of fast I have chosen,  
only a day for people to  
humble themselves?*

*Is it only for bowing one's head like a reed  
and for lying in sackcloth and ashes?  
Is that what you call a fast,  
a day acceptable to the LORD?*





## Isaiah 58:6-7

*“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 them,  
and not to turn away from your own  
flesh and blood?”*



Isaiah 58:8-12 NIV

*Then your light will break forth like the dawn,*

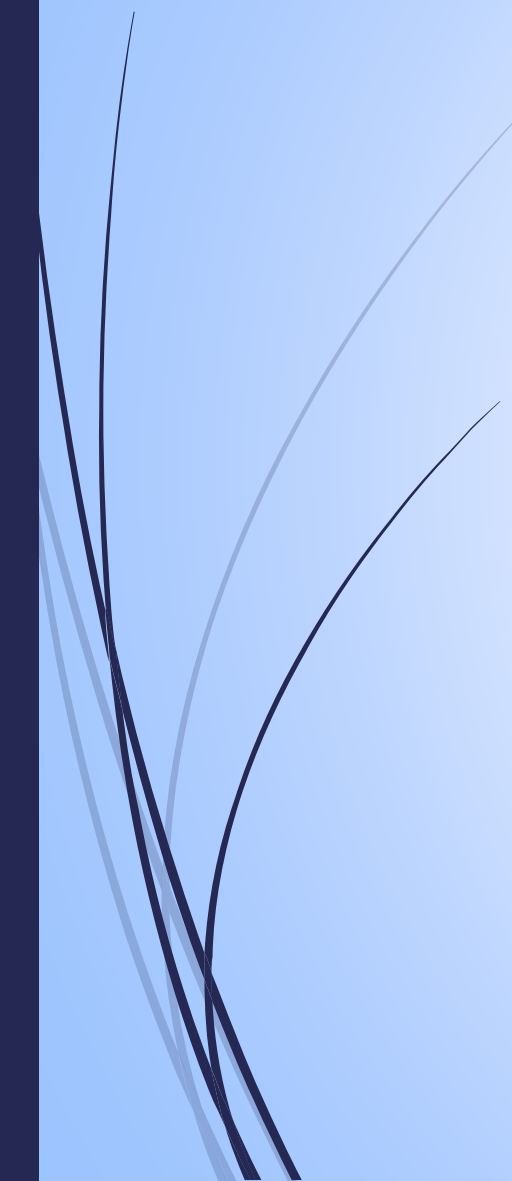
*and your healing will quickly appear;  
then your righteousness will go before you,  
and the glory of the LORD will be your  
rear guard.*

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



Isaiah 58:8-12 NIV

*“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.*”







Isaiah 58:8-12 NIV

*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.  
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.*