

A Fast That Honors God

Fasting is more than abstaining from food; it's an act of worship that realigns our hearts with God's purpose. Isaiah 58 reminds us that a fast pleasing to God isn't just about personal sacrifice but about transforming how we live and interact with others.

When we fast, we step into a deeper reliance on God. This passage calls us to action: to loose bonds of injustice, care for the needy, and walk in love. These outward expressions reflect the inward work God is doing in us.

As we enter this corporate fast, let us remember that fasting is an invitation. It invites God to work in our hearts and calls us to partner with Him to bring light, healing, and freedom to the world around us. The promises attached to this kind of fast are profound: healing, guidance, and the nearness of God's presence.

As we deny ourselves physical sustenance, let us feast on His Word and His presence. Let this fast ignite a new fire in our spirits to live fully for Him and to extend His love to others.

Prayer

Heavenly Father,

We come before You as one body, ready to lay down our comforts and distractions so we can draw closer to You. We thank You for the gift of fasting, a sacred invitation to align our hearts with Yours.

Help us to fast in a way that pleases You—not just to seek personal breakthroughs but to bring freedom to the oppressed, healing to the brokenhearted, and hope to the weary. Teach us to reflect Your love in every word and action.

Lord, we ask for Your strength and guidance during this fast. Open our eyes to the areas where You want to work in us and through us. As we surrender our appetites, may we hunger and thirst for Your righteousness. Let Your light shine through us and Your glory surround us.

We declare healing, provision, and restoration in this season of fasting. May Your Spirit lead us and empower us to live lives that glorify You. Thank You for hearing our cries and for always being near.

In Jesus' name,
Amen.

-Pastor Cheryl Andrews