

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.

