

THE FAST THAT GOD HAS CHOSEN

*I-58 – Week 2
January 8, 2023*

KEY SCRIPTURES

- [Isaiah 58](#)
- [Luke 5:33](#)
- [Matthew 6:16-18](#)

KEY POINTS

- God points out the wrong way to fast.
- God points out that He doesn't hear or reward certain attitudes of the fast.
- God desires transformation from fasting and prayer.
- Justice, mercy, and good deeds are God's heart for the fast.

DISCUSSION QUESTIONS

1. How did your first week of the fast go?
2. Have you increased your prayer life?
3. Have you experienced any of the rewards/benefits of the fast?
4. How about the challenges?

REWARDS/BENEFITS OF FASTING

1. More personal time with God
2. Resting in His presence
3. Moving away from sin and into His will
4. Transformation into His likeness
5. Opportunities for mercy, grace, and forgiveness
6. Breakthroughs from bondage
7. Opportunities to witness
8. Opportunities to give personally to another
9. A more focused and disciplined walk
10. Ministry opportunities
11. Financial provision

CHALLENGES OF FASTING

1. You will be tempted
2. You will be tested
3. You will be distracted