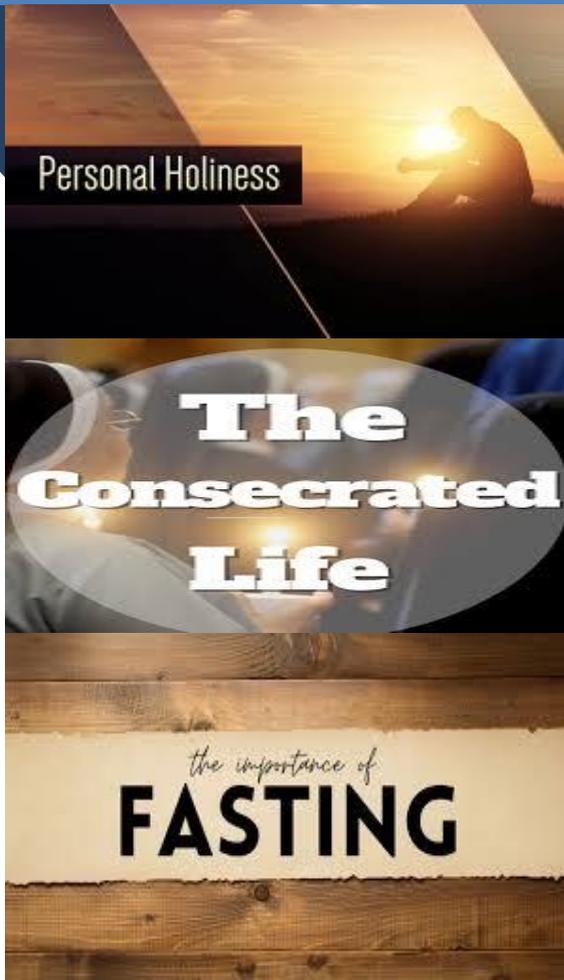


St. Luke Church Athens, GA

ZOOM Bible Study 864-064-8616

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CONSECRATED LIVING

Fasting With Purpose ... Personal Holiness

Isaiah 58:6-10

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Be Transformed, Live Set Apart



SNAPSHOT

Fasting With Purpose ... Personal Holiness *(Isaiah 58:6-10)*

Who: God is addressing His people who are active in religious practice but spiritually misaligned.

What: God defines true fasting as a discipline that breaks bondage, lifts burdens, and produces compassion.

When: During a time of fasting and worship when the people expected God's favor but lacked obedience.

Where: In Judah, among a covenant community outwardly devoted but inwardly disconnected.

Why: Because religious routines without heart alignment do not move God or produce holiness.

How: By disciplining the flesh through purposeful fasting, allowing God to realign the heart and shape consecrated living.

Scripture ... Isaiah 58:6-10
What is your takeaway from the text?

- 6. Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?*
- 7. Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh?*
- 8. Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the Lord shall be your rear guard.*
- 9. Then you shall call, and the Lord will answer; You shall cry, and He will say, 'Here I am.' "If you take away the yoke from your midst, The pointing of the finger, and speaking wickedness,*
- 10. If you extend your soul to the hungry And satisfy the afflicted soul, Then your light shall dawn in the darkness, And your darkness shall be as the noonday.*

Fasting With Purpose

Isaiah addresses the people who are religiously active but struggling spiritually. He is teaching fasting is a personal discipline with a divine purpose; to realign our hearts with God so our lives reflect Holiness. Fasting trains, us to deny the flesh so we can hear God more clearly.

When the flesh is disciplined, our hearts are aligned with Christ and our lives reflect holiness. Fasting with purpose disciplines the flesh and sharpens spiritual focus. It realigns the heart with Christ, producing personal holiness.

***What is fasting and what is the purpose of fasting?
(Think in terms of why you sacrifice for the Lord)***

Personal Holiness

(1). Loose The Bondage: *Fasting with purpose begins when God turns the hearts of believers. Personal holiness grows as we put our flesh under subjection and distance ourselves from sin. Let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us. Hebrews 12:1*

(2). Lift The Burdens: *Lifting the burden by removing pressures and behaviors that weigh down our lives and the lives of others. Submitting our flesh to God softens our hearts and teaches us to live the life we designed for. Casting all your care upon Him, for He cares for you. 1 Peter 5:7*

(3). Love The Broken: *Learn to respond to human need with compassion and responsibility. As fasting reshapes our priorities, God directs our attention to care for others. But do you want to know, O foolish man, that faith without works is dead? James 2:20*

***What does it mean to; loose the bondage of sin and love the broken?
(Think in terms of biblical fasting)***

Living Sacrifice

What does it mean to fast with purpose? Are you living in personal holiness. Isaiah teaches us that God is not moved by religious routines. He is moved by consecrated lives that reflect His heart through true fasting that leads to holy living. Fasting is a personal spiritual discipline where we willingly deny the flesh. It deepens our relationship with Christ and realigns our lives with His will.

Fasting with purpose is the intentional discipline of setting aside physical comfort to seek spiritual alignment. It works by quieting the flesh so the Spirit can correct, direct, and shape our obedience. As our priorities are redirected, fasting produces spiritual clarity, and a life that reflects Christ out in the world.

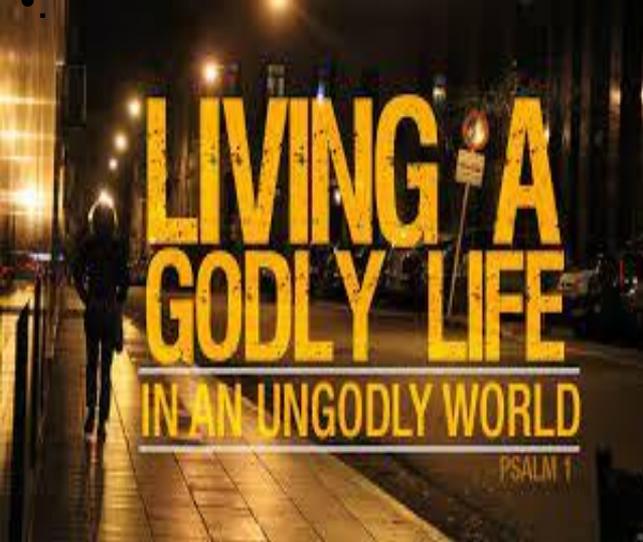
***Let's talk; "This kind can come out by nothing but prayer and fasting"
Mark 9:27-29; 1 Peter 1:15-16***

More of God and Less of Ourselves

What does it mean to put a praise on it? It is to respond to God's work with sustained gratitude, worship, and obedience. Once God breaks what we could not, Godly praise becomes the response that seals the victory and sustains freedom. As spiritual boundaries are practiced daily, carnal responses are replaced with God given weapons.

When the mind is brought under Christ's authority, the Holy Spirit strengthens the inner man and reshapes our thinking. Internal conflicts are real and human strengths are insufficient for spiritual battles. Today, let us be encouraged and break our strongholds. We will all make a difference when praise becomes our new position. Yes and Amen.

***Let's talk about
Godly devotion, Mortification, Christlikeness***



Easy As 1...2...3

We Can, We Will, We Must

Bondage, Burdens, Broken

(1). Loose The Bondage: When we release our sinful ways, God breaks wicked patterns and misplaced desires. Through fasting and prayer, the heart is freed for holy living.

(2). Lift The Burdens: God calls us to remove the weights of circumstances that oppresses our lives. When burdens are lifted, strength, dignity, and hope are restored.

(3). Love The Broken: God calls us to move toward the hurting with compassion and grace. Love brings healing where life has been challenging.

What is your point of application?

Prayer / Benediction

SPIRITUAL BOUNDARIES

Fasting With Purpose ... Personal Holiness

Fasting with purpose realigns our hearts with Christ and shapes personal holiness. Consecrated living is about who we become after we are set apart for God's purposes.

Personal holiness is living set apart for God in hearts, mind, and actions. It grows through daily obedience that reflects Christ in how we live and love.

***Isaiah 58:6;** Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?*