



Sunday November 20, 2016
The Chose Fast (Part-3) : Promises

The Bible presents fasting as a "spiritual discipline" in both the Old and New Testaments.

The Lord Jesus did say that His people will fast during the time after His ascension until His return (Matthew 9:14-17).

Read Isaiah 58:1-14

Review:

Last week we talked about "Preparation" for the Chosen Fast from Isaiah 58. How to fast in a manner that pleases God.

In Isaiah 58 God addresses 4 key areas:

- 1, Having right **MOTIVES** - not trying to impress God, not trying to gain sympathy of people
- 2, Maintaining right **RELATIONSHIPS**, treating people right
- 3, Showing **COMPASSION** to the needy
- 4, A life that **HONORS** God in every way

In Part-2 of this series we discussed positioning - when going on the chosen fast where we discuss in a simple way: For whom, Why and How, you are going to fast.

Today

from Isaiah 58, we will see the wonderful promises God has given to us, when we go on The Chosen Fast.

Isaiah 58:8 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.

Isaiah 58:9 Then you shall call, and the LORD will answer; You shall cry, and He will say, 'Here I am.'

Isaiah 58:10Then your light shall dawn in the darkness, And your darkness shall be as the noonday.

Isaiah 58:11 The LORD will guide you continually, And satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail.

Isaiah 58:12 Those from among you Shall build the old waste places; You shall raise up the foundations of many generations; And you shall be called the Repairer of the Breach, The Restorer of Streets to Dwell In.

Isaiah 58:14 Then you shall delight yourself in the LORD; And I will cause you to ride on the high hills of the earth, And feed you with the heritage of Jacob your father. The mouth of the LORD has spoken."



There are at least 18 statements of promise mentioned in Isaiah 58. Some of these are similar or repeated, but let's look at them individually:

#1, Then your light shall break forth like the morning (58:8)

Light breaking forth into your life, dispelling darkness out of your life.

This is a figure of speech used in many places in Scripture. (Job 11:17; Psalm 37:6, Psalm 97:11, Psalm 112:4; Proverbs 4:18; Hosea 6:3; Malachi 4:2)

Light represents all of who God is. So light breaking forth represents all of God's goodness, blessing, prosperity, all the good things from God coming into your life. Just at the morning dawns and darkness retreats, all these good things will break forth into your life and the things of darkness will retreat.

Light also represents illumination, revelation, clarity, visibility, understanding breaking in on things that are unclear, dim.

#2, Your healing shall spring forth speedily (58:8)

Healing to the total person - physical and emotional healing - will come quickly.

Some translators render this as:

"And thy wounds shall speedily be healed over"

"And the scar of thy wounds shall be speedily removed."

(Adam Clark's Commentary on the Bible)

#3, And your righteousness shall go before you (58:8)

Your righteousness will pave your way (MSG)

Here again is another figure of speech, and is also used in other places. (Psalm 85:13; Psalm 89:14)

Righteousness pleases God (Proverbs 21:3). Righteousness is a defense, a place of protection and security (Proverbs 13:6). Righteousness brings exaltation (Proverbs 14:34).

So righteousness going before you means that your ways will be paved in a manner that you are pleasing to God, walking in protection, safety and security, and walking into honor, promotion and exaltation.

#4, The glory of the LORD shall be your rear guard (58:8)

"secure your passage" (MSG)

God's glory will cover you from behind protecting you.

You will leave a trail of God's glory.



This draws from what Israel experienced as they journeyed where the glory cloud went behind them to protect them when the Egyptians came chasing after them (Exodus 14:19).

When you are divinely protected by the glory of God, you are in a place of complete security.

#5, Then you shall call, and the LORD will answer; You shall cry, and He will say, 'Here I am.' (58:9)

This is a promise of answered prayer.

#6, Then your light shall dawn in the darkness, And your darkness shall be as the noonday (58:10)

Similar to what we saw in #1.

#7, The LORD will guide you continually (58:11)

Another great blessing - continued guidance from the Lord in all things.

The Chosen Fast positions us to receive God's guidance in all areas of life.

#8, And satisfy your soul in drought (58:11)

I'll give you a full life in the emptiest of places (MSG)

This means that in the hardest and difficult places, times and situations in life, God will still enable us to have a "full life", have all our needs met and more.

#9, And strengthen your bones (58:11)

Speaking once again of health, healing and wholeness

#10, You shall be like a watered garden (58:11)

A figure of speech talking of complete well-being, prosperity, thriving, fruitfulness

#11, And like a spring of water, whose waters do not fail (58:11)

Describing something that is perennial, always full of life, always flowing with life, health, blessing, success.

#12, Those from among you Shall build the old waste places (58:12)

You'll use the old rubble of past lives to build anew (MSG)

What has been destroyed, torn down and left in ruins will be restored, rebuilt.

This can apply to any area of life, where things have been devastated...God will bring restoration. Marriages, families, finances, businesses etc that have been laid in ruins - God will bring restoration.



#13, You shall raise up the foundations of many generations (58:12)

rebuild the foundations from out of your past (MSG)

Foundations that were shaken will be raised up again.

Foundations bring strength and stability.

The strength and stability that we once had, which was lost, will now be rebuilt and restored.

Here again we can apply this to many areas of personal life and life in the Church.

#14, And you shall be called the Repairer of the Breach (58:12)

repair walls that have been broken down

A breach in the city wall leaves the entire city vulnerable to invasion by the enemy.

To repair the breach is to bring back the defenses, protection and security that is needed for the people.

#15, The Restorer of Streets to Dwell In (58:12)

restoring the city, dwelling places

bringing healing and restoration to communities and cities, for people to be happy, secure, and prosperous once again.

#16, Then you shall delight yourself in the LORD (58:14)

Then you'll be free to enjoy GOD! (MSG)

You will enjoy your relationship with God.

#17, And I will cause you to ride on the high hills of the earth (58:14)

Oh, I'll make you ride high and soar above it all. (MSG)

I will make you honored all over the world (GNB)

This is a figure of speech used in Scripture to describe being in a palace of honor and blessing among people.

#18, And feed you with the heritage of Jacob your father (58:14)

I'll make you feast on the inheritance of your ancestor Jacob (MSG)

you will inherit the blessings promised to your fathers.



The mouth of the LORD has spoken

God Himself has promised these blessings of the Chosen Fast.

All these blessings are available to us as we do the Chosen Fast.

Let's do this for ourselves and for others.

Do this as an intercessor - you fast and pray - so that others can experience these blessings in their lives.