

# **GOD'S CHOSEN FAST**

## **JANUARY 14, 2026**

### **IS. 58:1-14**

- There is a right and wrong way to fast.
- One way God views as hypocritical (**MT. 6:16-18**), the other is God's chosen way.
- Fasting and prayer humbles self and positions us to be given grace and be exalted by God.
- Fasting doesn't change God, the devil, or circumstances.
- Fasting changes us – we draw closer to God.
- Fasting and prayer can produce a breakthrough (overcome or penetrate an obstacle or restriction).
- **DAN. 9:2-4, 10:2-3, 12-14** Daniel's example.
- **IS. 58:8** – Benefits include guidance, health, deliverance from sin consciousness and protection (God's glory has our back).

**CONCLUSION: PS. 35:13** Fasting is a way to humble ourselves before God and show Him spiritual things are more important to us than anything else, even our necessary bread.