

IS THIS THE KIND OF FAST I HAVE CHOSEN, ONLY A DAY FOR PEOPLE TO HUMBLE THEMSELVES?  
IS IT ONLY FOR BOWING ONE'S HEAD LIKE A REED AND FOR LYING IN SACKCLOTH AND ASHES? IS THAT WHAT YOU CALL A FAST, A DAY ACCEPTABLE TO THE LORD? "IS NOT THIS THE KIND OF FASTING I HAVE CHOSEN: TO LOOSE THE CHAINS OF INJUSTICE AND UNTIE THE CORDS OF THE YOKE,

**ISAIAH 58:5-7**

TO SET THE OPPRESSED FREE AND BREAK EVERY  
YOKE? IS IT NOT TO SHARE YOUR FOOD WITH THE  
HUNGRY AND TO PROVIDE THE POOR WANDERER  
WITH SHELTER—WHEN YOU SEE THE NAKED, TO  
CLOTHE THEM, AND NOT TO TURN AWAY FROM  
YOUR OWN FLESH AND BLOOD?

**ISAIAH 58:5-7**

# FORMATION

THE ART & SCIENCE

OF HOW WE CHANGE

The background is a complex abstract composition of overlapping geometric shapes. A large, light yellow triangle points downwards from the top left. A large, light orange triangle points upwards from the bottom center. Several rectangular blocks in various shades of orange and yellow are scattered across the frame, some overlapping the larger triangles. The overall effect is a layered, textured look with a warm color palette.

**FORMATION**

# ISAIAH 58

V. 3-7

**FORMATION**

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**FORMATION**

FASTING THAT DOES NOT LEAD TO THE  
CONSIDERATION OF OTHERS MISSES THE  
POINT.

**SCOT MCKNIGHT**

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**FORMATION**



**FASTING HELPS  
US RELATE  
TO GOD'S HEART**

**FORMATION**

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V. 3-7

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**FORMATION**

**FASTING IS A  
MEANS TO PURSUE  
SOLIDARITY WITH  
THE POOR**

**FORMATION**

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**FORMATION**

**FASTING IS A  
MEANS TO  
PURSUE JUSTICE**

**FORMATION**

# ISAIAH 58

V. 3-7

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**FORMATION**