# DAY FOR PEOPLE TO HUMBLE THEMSELVES? AND FOR LYING IN SACKCLOTH AND ASHES? IS HAVE CHOSEN: TO LOOSE THE CHAINS OF

### **ISAIAH 58:5-7**

IS THIS THE KIND OF FAST I HAVE CHOSEN, ONLY A IS IT ONLY FOR BOWING ONE'S HEAD LIKE A REED THAT WHAT YOU CALL A FAST, A DAY ACCEPTABLE TO THE LORD? "IS NOT THIS THE KIND OF FASTING I INJUSTICE AND UNTIE THE CORDS OF THE YOKE,

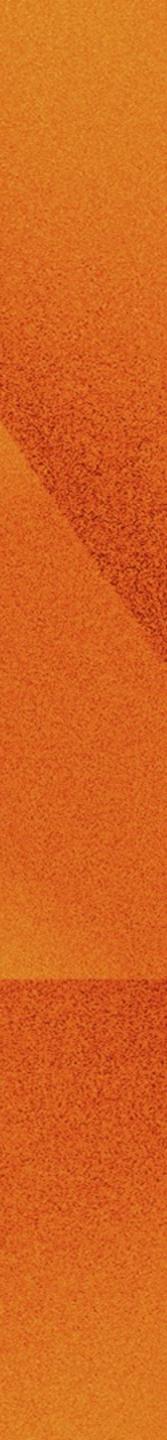
TO SET THE OPPRESSED FREE AND BREAK EVERY YOKE? IS IT NOT TO SHARE YOUR FOOD WITH THE HUNGRY AND TO PROVIDE THE POOR WANDERER WITH SHELTER—WHEN YOU SEE THE NAKED, TO CLOTHE THEM, AND NOT TO TURN AWAY FROM YOUR OWN FLESH AND BLOOD?

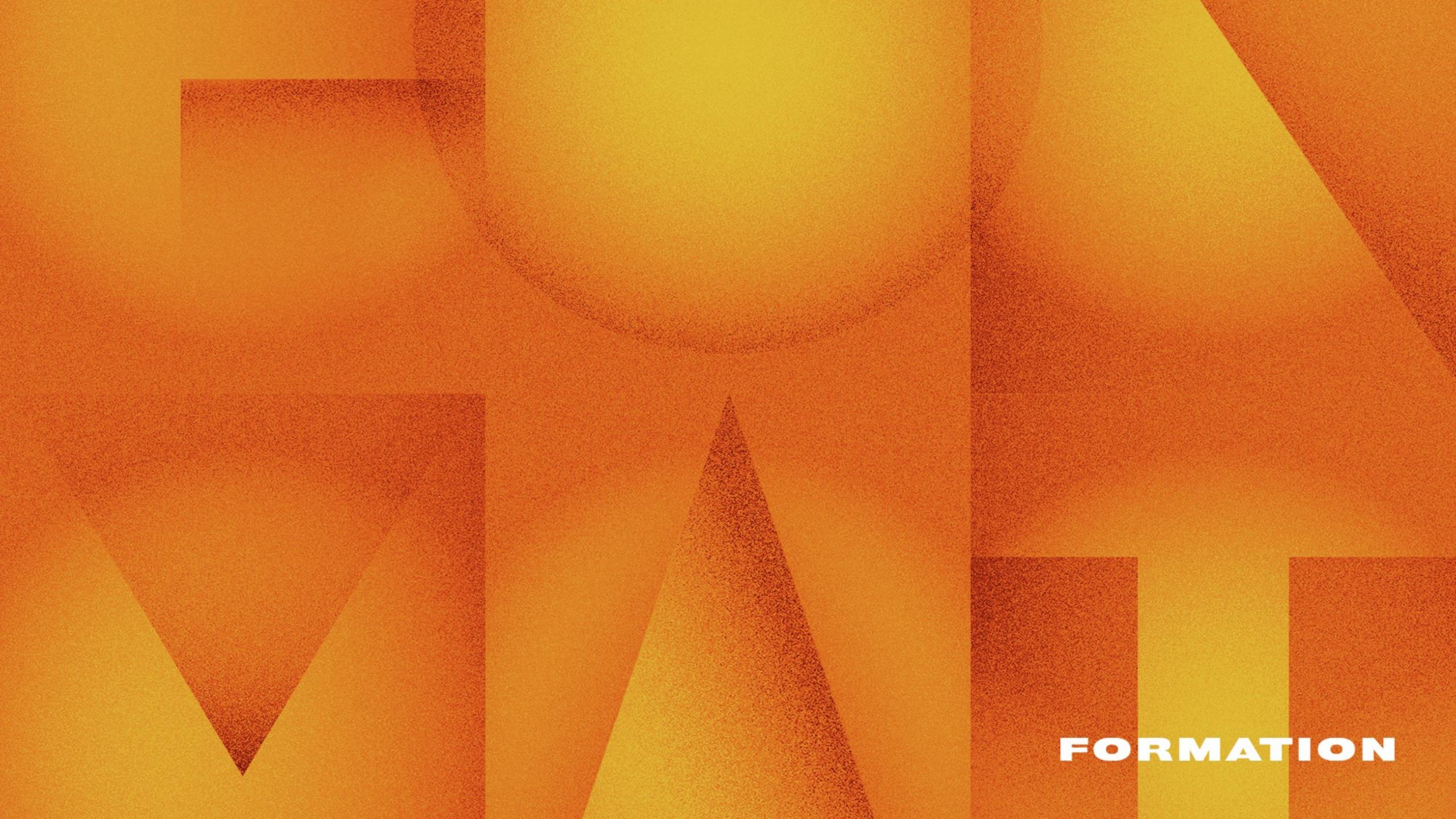
## **ISAIAH 58:5-7**



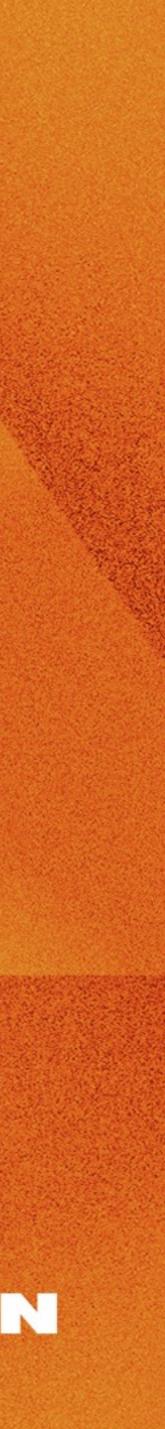
#### THE ART & SOIENOE

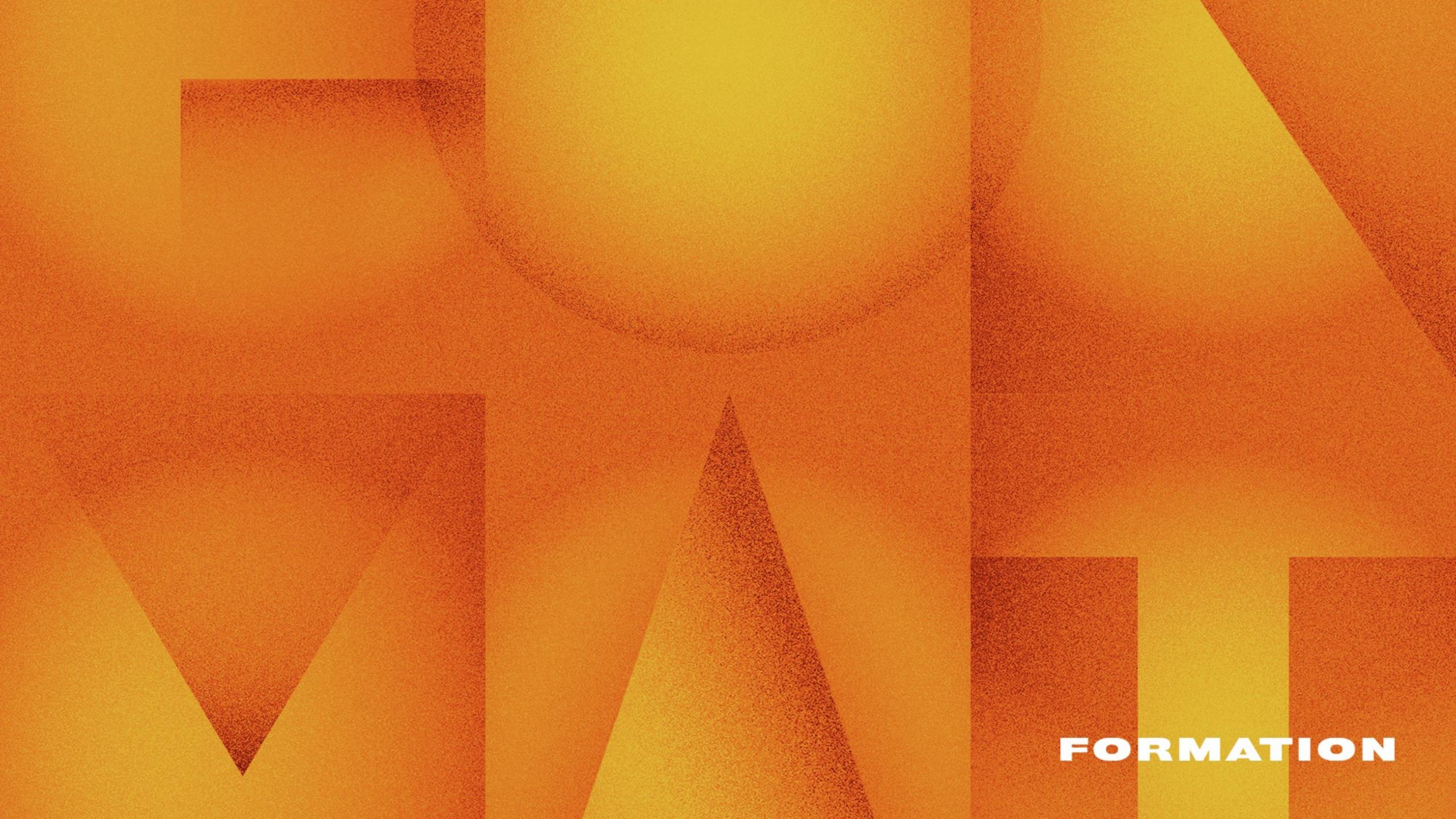
#### OF HOW WE OHANGE





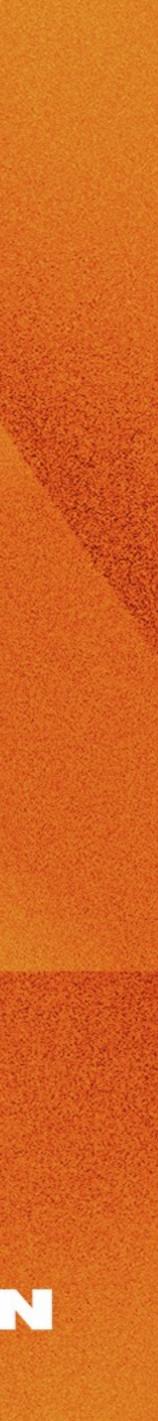


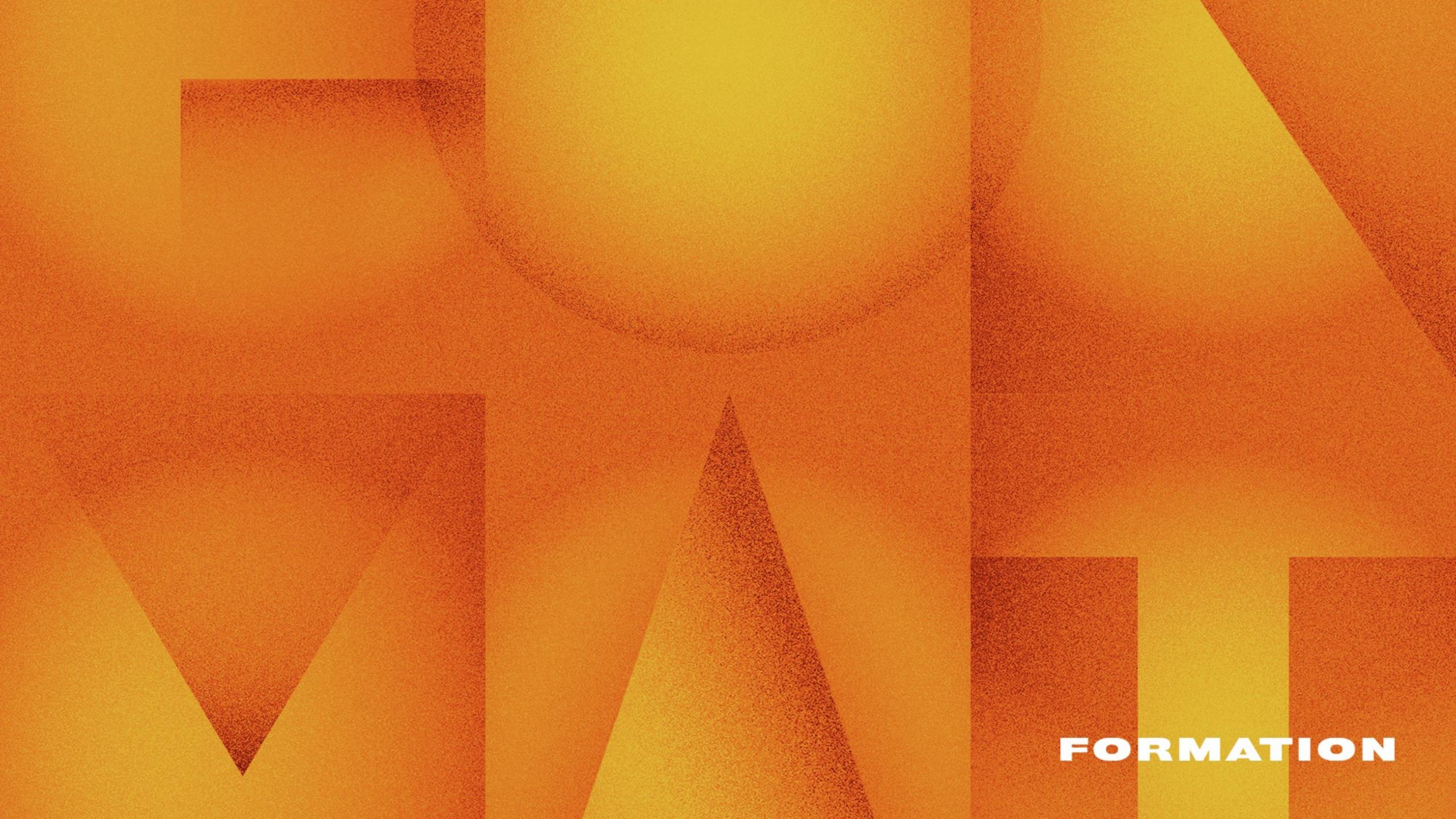




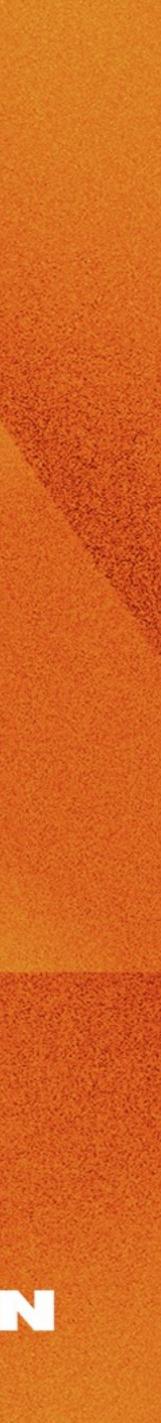
## FASTING THAT DOES NOT LEAD TO THE CONSIDERATION OF OTHERS MISSES THE POINT.

## SCOT MCKNIGHT

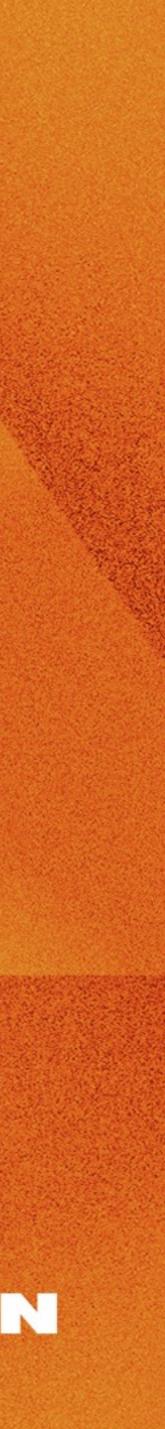


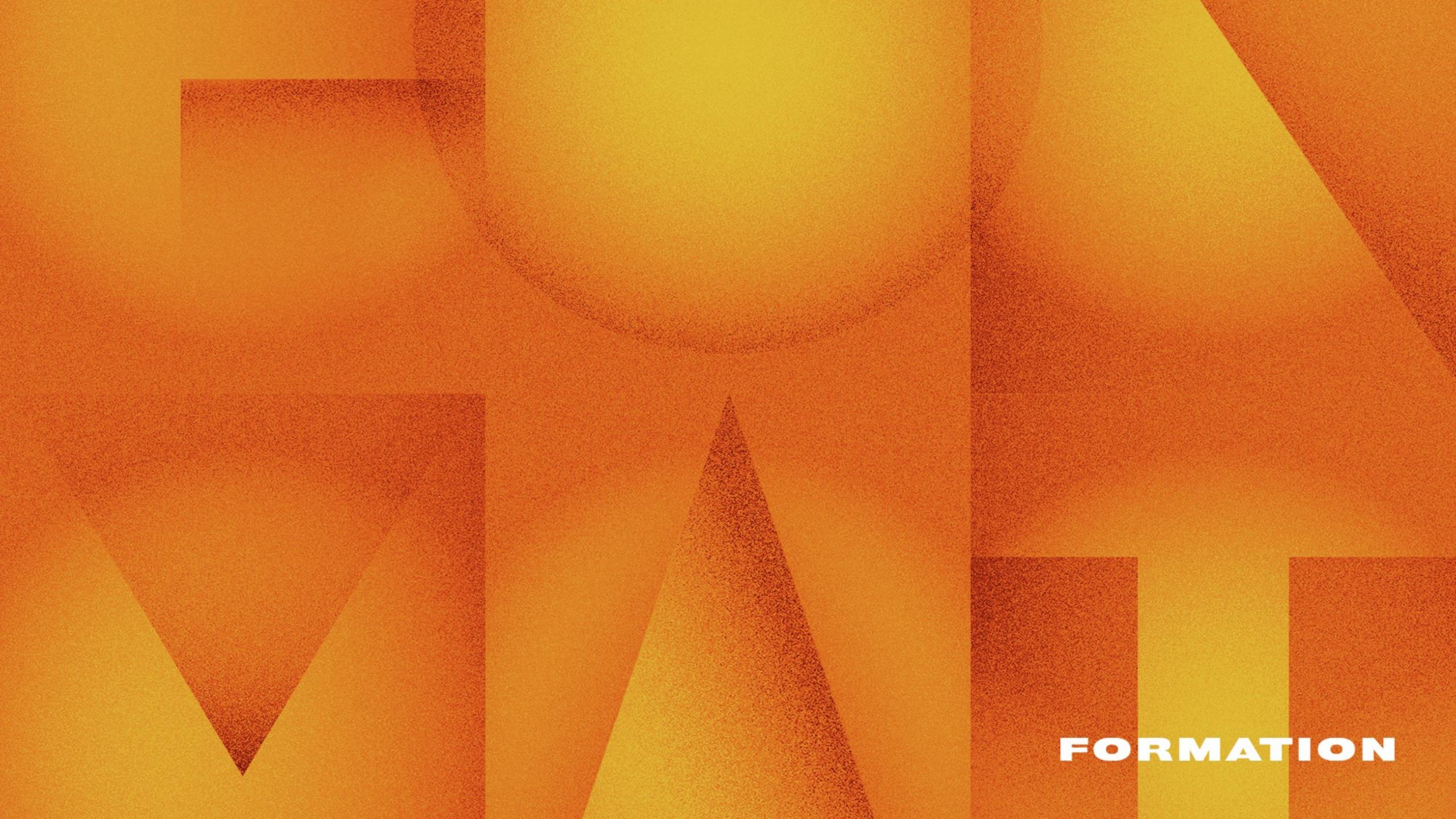


# FASTING HELPS US RELATE TO GOD'S HEART

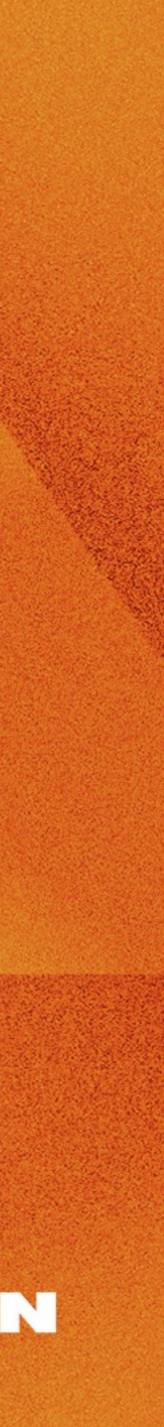


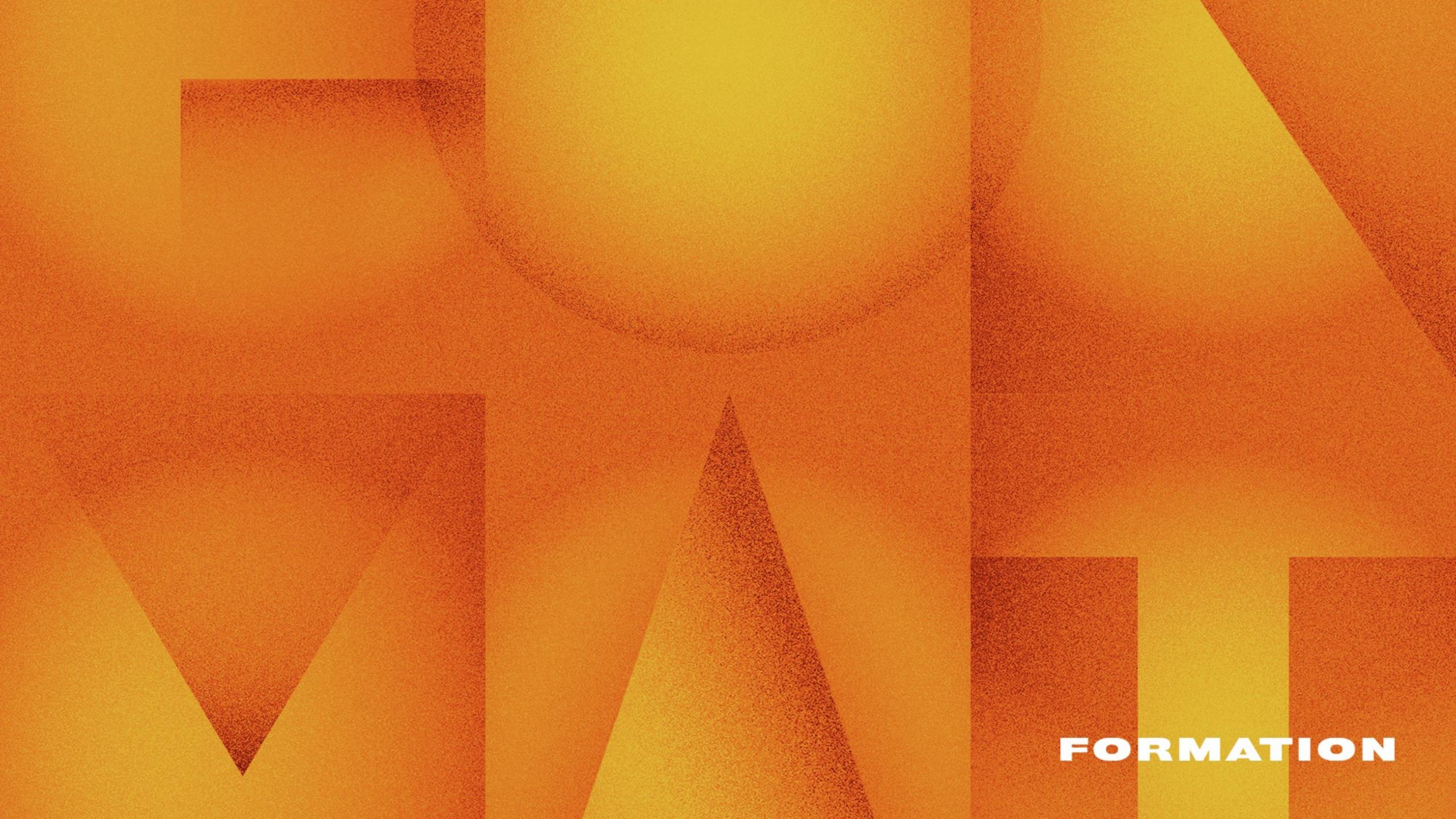






# FASTING IS A MEANS TO PURSUE SOLIDARITY WITH THE POOR





# FASTING IS A MEANS TO PURSUE JUSTICE

