

House Group Notes:
Week beginning 30 October
An invitation to True Fasting

Read: Isaiah 58: 1-12

Icebreaker:

What is the difference between fasting and dieting?

False fasting exposed v1-5

Why were the people of Israel fasting?

What did they hope to achieve?

How did they go about it?

What was wrong with their fasting?

Do you think that at SBC we are too strict or too lax in the practice of spiritual disciplines, like fasting?

Discuss.

True fasting illustrated v6-7, 9-10

“There is no aspect of the life of the people on which the OT puts more emphasis than the way the poor and wretched are treated”.

J. Ridderbos, a commentator on Isaiah.

What did God call the Israelites to do, to demonstrate the kind of fasting God has chosen (v6)?

Simon gave several illustrations of true fasting.
What were they?

Can you think of any other activities we support at SBC that illustrate true fasting?

True fasting blessed v8-12

Do you think Isaiah is proclaiming a purely social and economic gospel? Why or why not?

How does God promise to bless those who truly fast?

Personal reflection

Is God calling you to fast in a different kind of way?
Do you need to make any changes or adjustments to your life?