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**“The LORD'S FAST,
A QUICK Response!”**

***The 6 Principles To Hearing
From God Quickly!***

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I have learned effective fasting is to fast
"THE LORD'S Fast!"

I don't fast unless the Lord "CALLS" the
fast...it is a waste of time and energy!
Fasting to be fasting produces few results, if
any at all! So why bother?...if the Lord
doesn't "CALL the FAST" ...we fast in vain!

An Effective Fast is When the LORD
QUICKLY RESONDS!

**Isaiah gives us the principles for -
"The Lord's Fast, A Quick Response!"**

The Book of Isaiah Chapter 58:

*:1 Cry aloud, spare not, lift up thy voice like
a trumpet, and shew my people their
transgression, and the house of Jacob their
sins.*

*:2 Yet they seek me daily, and delight to
know my ways, as a nation that did
righteousness, and forsook not the
ordinance of their God: they ask of me the
ordinances of justice; they take delight in
approaching to God.*

Principle 1:

Seek “The Lord's Fast”-

Don't Fast to Impress God!

Come to fasting with a humble heart! Many
want to learn of the Lord and say they are

abiding in the Word...and that they would never stray from the Way of the Lord!

False humility about your walk and fasting doesn't impress the Lord! The Lord DOESN'T respond to fasting that pleases us!

Fasting with the Lord's purpose and reason is the first principle of effectual fasting resulting in a quick response from God!

Effectual fasting is to...Seek HIS FAST!

:3 Wherefore have we fasted, say they, and thou seest not? Wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours.

:4 Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high.

:5 Is it such a fast that I have chosen? A day for a man to afflict his soul? Is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? Wilt thou

call this a fast, and an acceptable day to the LORD?

Principle 2:

Loose "The Holier than Thou Look!"

Don't Contend With Your Neighbor!

Many fast while keeping their agendas and striving for the success of daily affairs. Many try to fast while in the midst of day to day contentions. You can't FAST while quarreling, striving and contending with your neighbor!

Many put on the appearance of fasting...walking around with water bottles, not having much to say...going to lunch and saying, "Oh, I am not hungry today!...I'll pass...go on, it doesn't bother me!...You eat, it's OK!" This is going through the motions of penance!

Learn to please the Lord in fasting and learn what HE DESIRES in the fast!