

# Isaiah 58:1–12 | Fasting part 4

## Study Questions from 20.07.2025 sermon

### Introduction

- i. Our last 3 studies focused on what fasting does to transform ourselves. In this final study we'll look at how fasting transforms others; especially those in poverty. Get your phones out, look up some facts and figures about poverty and food wastage in the UK and share with the group.

### Discuss

- ii. Read Isaiah 58:3–5. Why is God not responding to their fasting?
- iii. In v5 God asks “is fasting only about abstaining from food and humbling yourself?” What is the answer, according to v6–7?
- iv. If we do the kind of fasting in v6–7, what will happen, according to v8–9a?
- v. This ‘Isaiah 58 fasting’ is a way to love God and love our neighbour at the same time and it does three things:
  - Helps us stand in solidarity with the hungry
  - Helps us share what we have
  - Enables us to stand against evil and injustice

Discuss with your group specific and practical ways in which fasting helps us do these three things.

- vi. “Denying your stomach affects your heart.” Do you agree or disagree with this statement? Discuss

### Pray

Spend some time praying about what you've discussed and pray for one another.