

## A powerful key- weekly encouragement

Dear People of God,

Something caught my heart when I read today's word for today. The reasons why our prayers even with fasting does not get answered is because the fasting we do -simply from abstaining from food or a couple of meals is not the fasting God has in His mind. Abstaining from food and fasting has its purpose for instance in casting out demons. (Mark 9: 14- 28/29)

But to have our day to day challenges, health, finances, concerns and needs met -God gives us an insight in Isaiah 58 : Vs 3-8.

<sup>3</sup> 'Why have we fasted,' they say, 'and you have not seen it? Why have we humbled ourselves, and you have not noticed?'

'Yet on the day of your fasting, you do as you please and exploit all your workers.'

<sup>4</sup> Your fasting ends in quarrelling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high.

<sup>5</sup> 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?

<sup>6</sup> 'Is not this the kind of fasting I have chosen: to lose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?'

<sup>7</sup> 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?

<sup>8</sup> Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness<sup>a</sup> will go before you, and the glory of the Lord will be your rear guard.

So, what do we absorb from this passage – into our lives to make the fasting we do be acceptable to God?

- 1) It is useless fasting and praying and, in our lives, we have fights /quarrels/ offences and unforgiveness.
- 2) We exploit people who work or volunteer or serve us.
- 3) We need to humble and not be haughty or proud or in some cases even being arrogant.

- 4) Do we engage in feeding the poor? The oppressed /the widows and orphans. Do we provide shelter and clothing.?
- 5) Do we set the prisoners in darkness-free or broken in spirit free-healed -this means do we share the gospel and release the power of the word to people?
- 6) Do we lose the chains of injustice and untie the chords of the yoke – which means do we lead people into salvation, healing, and deliverance?
- 7) Do we love others as we ourselves? Are we doers of the word and not go through the routine of going to Church/attend a prayer group or Bible Study and read the Bible and not really care about our neighbor?

**Then God says your healing will come. The Glory of the Lord will follow you wherever you go and be your refuge/ banner /protection and providence.**

Meditate on this passage, read my notes and I pray they will speak to your heart and as you practice what God really wants from each one of us -see your lives change/answers to prayers happen, miracles cascading and much more in your everyday lives.

Love you All

Ps Hilda