



Lent: Week 4

Scripture for the Day: Isaiah 58

In this season of Lent as we anticipate Christ' sacrifice and resurrection remembering why He came and had to die for us – we fast in petition, in anticipation, and in gratitude.

During our times of prayer today, we're going to read and meditate on Isaiah 58. As we go without food for the day, God gives us clear instruction through Isaiah as to what we should be praying for.


Please take time to read through the entire chapter at least three times today: morning, noon and evening. For each of those times, we've included a particular prayer focus below.

Morning: Fasting to loose the bonds of wickedness (v. 6)

God declares that the fast that honors Him will: "loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke." As you fast this morning, be mindful of the bonds of wickedness. As the hunger pangs begin to rise up – remember the bonds of wickedness from which Christ set you free, remember in prayer our martyrs and the saints that have gone before us. Remember those who are in bondage now and intercede on their behalf.

Reflect on the bondage of your own heart. How are you doing in this economic depression? Is Christ the treasure of your heart, or are you finding that money and possessions have a grip on you? Have you found your love of Christ and trust in Him has increased as the downturn worsens? How is this impacting your relationship with Him and with others?

Pray that God would set you free from any bonds of wickedness in your life, particularly from the love of money and possessions.



March 26 Fasting Guide

(continued)

Noon: Fasting to share your bread (v. 7a)

God tells us that the kind of fasting that pleases Him is one that leads us “to share your bread with the hungry”. In these uncertain times, this call sounds absurd - how can we be radically generous when we ourselves don't have much? Yet, Jesus has declared He will meet your every need – just as God clothes the birds of the air and the flowers of the field (Matthew 6).

As you fast from the food He's graciously provided for you today – let your heart be drawn to the hungry (both spiritually and physically). How can you reach out? Is there a hunger in your relationships - particularly with those closest to you (spouses, parents, children)? How can you feed that? How can you use God's gracious provisions to feed others?

Pray that God would set you free from any bonds of wickedness in your life, particularly from the love of money and possessions.

Evening: Fasting to cover the naked (v. 7b)

In fasting, God reminds us to “bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh”. We are called to be sympathetic; to feel what others feel because we have the same flesh they do. You have the same flesh others do, so put yourself in their place and feel what they feel. This is particularly important as we consider our interactions with our families. Are you putting yourself in their position, graciously looking for ways to cover their faults?

Pray for the humility to recognize God's gracious provision of home and clothing – something that we often take for granted. More importantly, remember that He covers over your nakedness and shame in Christ and has clothed you with his own righteousness.

Pray that God would give you true thankfulness for the ways that He has blessed you, and ask Him for guidance and grace regarding how you might in turn bless others.

