

Sermon Notes

Release the Rock

Fasting is doing without something you love/need to put your focus on God! Fasting is for the _____.

A fast without _____ is a diet!

Verse

Isaiah 58:6-9 (NLT)

“No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. 7. Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. 8. “Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the Lord will protect you from behind. 9. Then when you call, the Lord will answer. ‘Yes, I am here,’ he will quickly reply.

I will fast to Reset and _____ what’s in the way. I will fast to Reset and _____ my eyes to be open to the needs and ways to respond.