# DAY 1, SESSION 13

#### Read Isaiah 58

Write out this week’s Scripture Memory Verse: Isaiah 58:8, 10

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###### **Q1**: Look down

Read Isaiah 58:1-4. What is to be declared to His people? What do they do? What is wrong with that? Circle or underline the word *fast* or *fasted*. What are they questioning? What is wrong with their fast? What is the main intention behind their fast?

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###### **Q2:** Look out

How do we keep from doing spiritual disciplines such as reading the Bible, praying, going to church, giving and serving out of routine and rote behavior? How can we keep our fervor and devotion in these activities?

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###### **Q3:** Look in

Think about the activities and spiritual disciplines you took part in this past week. What words would you use to describe your attitude and intention while doing them? Talk to God and ask Him where you might be doing something out of routine instead of true devotion. Are there any changes you need to make this week? Remember you can share this with your discipleship group and pray for each other in this area!!

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# DAY 2, SESSION 13

#### Read Isaiah 58

Write out this week’s Scripture Memory Verse: Isaiah 58:8,10

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###### **Q1**: Look down

Read Isaiah 58:5-7. Continue to circle or underline the word *fast*. Compare the two types of fasts the LORD speaks about in this passage. What actions are parts of the fast God chooses? List them below. How does this description go along with your idea of what fasting is? How does it differ?

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###### **Q2:** Look out

Read Matthew 31: 31-40. How do the actions in Isaiah 58:6-7 match with those mentioned in this passage? What is the ultimate goal in social justice according to God’s word? How can that get lost in doing good things? Have you seen or experienced any examples of this?

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###### **Q3:** Look in

Read through Isaiah 58:6-7 prayerfully, asking God what these things would look like in your life. Ask Him to bring to mind one thing you could do this week to participate in this kind of fast or to continue what you have been doing. What or who does God bring to mind? Write it below. How are you going to carry this out? What does God want you to do? Can your discipleship group keep you accountable?

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This is the kind of fast day I’m after:  
    to break the chains of injustice,  
    get rid of exploitation in the workplace,  
    free the oppressed,  
    cancel debts.  
What I’m interested in seeing you do is:  
    sharing your food with the hungry,  
    inviting the homeless poor into your homes,  
    putting clothes on the shivering ill-clad,  
    being available to your own families. Isaiah 58:6-7 The Message

# Day 3, SESSION 13

#### Read Isaiah 58

Write out this week’s Scripture Memory Verse: Isaiah 58:8, 10

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###### **Q1**: Look down

Read Isaiah 58:8-9a (the first half of verse 9). Circle the word *then* at the beginning of verses 8 and 9. What do these words reference? What will happen? What is the result of doing an acceptable fast?

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###### **Q2:** Look out

Read Jer.33:6. We can forget the abundant life God has for His children. How have you seen God’s abundance as His children have walked in obedience and taken part in looking to the needs of others? How has He brought light, healing, righteousness and glory to that situation?

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###### **Q3:** Look in

When we walk in the light of the LORD and are obedient, we experience His greatness. Spend some time thanking Him for how awesome He is, how powerful He is, His great love and His faithfulness. What difference did that time make in your day?

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# Day 4, SESSION 13

#### Read Isaiah 58

Write out this week’s Scripture Memory Verse: Isaiah 58:8, 10

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###### **Q1**: Look down

Read Isaiah 58:9b-12. Circle the word *if* at the start of verses 9b and 10, and the word *then* in verse 10. Fill in the chart below. What are the benefits of obedience?

|  |  |
| --- | --- |
| **If…** | **Then…** |
|  |  |

###### **Q2:** Look out

According to these verses, if you partake in the acceptable fast, what will the LORD do? Sometimes life gets so busy and overwhelming that the thought of doing things for others just feels like another load to bear. How does verse 11 contradict those thoughts?

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###### **Q3:** Look in

What are the promises in verse 11 that you can claim? How does this encourage you to step out in faith and take part in the fast God chooses?

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# Day 5, SESSION 13

#### Read Isaiah 58

Write out this week’s Scripture Memory Verse: Isaiah 58:8, 10

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###### **Q1**: Look down

Read Isaiah 58:13-14. What should the people do on the Sabbath? Fill in the following if…then…chart. What word is repeated in verse 13 (see the NASB version)? What do you need to stop doing?

|  |  |
| --- | --- |
| **If…** | **Then…** |
|  |  |

###### **Q2:** Look out

The need for a Sabbath is repeated continually throughout the Bible. (See Ex. 31:15-17, 35:2,3, Is. 56:2,4,6, Jer. 17:21-27, Mark 2:7, Heb. 4:9 for examples.) Why is it so important? How hard is it today to maintain a Sabbath rest? How can it be accomplished?

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###### **Q3:** Look in

How do you enjoy the Sabbath rest? Does it seem impossible or is there a way to experience this? How do the promises in Isaiah 58:14 encourage you to “make every effort to enter that rest” (Heb. 4:11)?

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# Tying it all together

What impacted you the most within this week’s passage of Isaiah? What one thing will you do this week to apply a lesson learned from the Book of Isaiah? Who will keep you accountable?

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##### PRAYER FOR THIS WEEK

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# WEEK #13 GROUP DISCUSSION

## Main Idea:

###### Lean In

What is your experience with fasting? Do you fast? When do you do it? Why do you do it? Should Christians fast today? Discuss this together as a Life Group.

###### Look Down & Live It Out (Out/In)

1. **Look Down (question 1, day 1):**  
   Read Isaiah 58:1-4. What is to be declared to His people? What do they do? What is wrong with that? Circle or underline the word *fast* or *fasted*. What are they questioning? What is wrong with their fast? What is the main intention behind their fast?
2. **Look Out (question 2, day 2):**  
   Read Matthew 31: 31-40. How do the actions in Isaiah 58:6-7 match with those mentioned in this passage? What is the ultimate goal in social justice according to God’s word? How can that get lost in doing good things? Have you seen or experienced any examples of this?
3. **Look In (question 3, day 5):**  
   How do you enjoy the Sabbath rest? Does it seem impossible or is there a way to experience this? How do the promises in Isaiah 58:14 encourage you to “make every effort to enter that rest” (Heb. 4:11)?
4. **In Your Own Words:** Share with your group one action you will take in the next week to continue to walk in the light of the Lord. How can you keep each other accountable?

###### Look Up

Praise God for….

* His promises
* His care for each of His children
* His power

Pray that you would…

* Have more passion for Him
* Look to the needs of others
* Trust God for His strength

# Session Notes