

true fasting  
- *Micah Kephart*

impoverished



“Shout it aloud, do not hold back. Raise your voice like a trumpet. Declare to my people their rebellion and to the descendants of Jacob their sins. For day after day they seek me out; they seem eager to know my ways, as if they were a nation that does what is right and has not forsaken the commands of its God. They ask me for just decisions and seem eager for God to come near them.

Isaiah 58:1-2



‘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.” “Your fasting ends in quarreling 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.”

Isaiah 58:3-4



“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? 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?”

Isaiah 58:6-7



**“Do not mistreat or oppress a foreigner, for you were foreigners in Egypt. Do not take advantage of the widow or the fatherless. If you do and they cry out to me, I will certainly hear their cry. My anger will be aroused, and I will kill you with the sword; your wives will become widows and your children fatherless.**



**“If you lend money to one of my people among you who is needy, do not treat it like a business deal; charge no interest. If you take your neighbor’s cloak as a pledge, return it by sunset, because that cloak is the only covering your neighbor has. What else can they sleep in? When they cry out to me, I will hear, for I am compassionate.”**

**Exodus 22:21-27**



For the Lord your God is God of gods and Lord of lords, the great God, mighty and awesome, who shows no partiality and accepts no bribes. He defends the cause of the fatherless and the widow, and loves the foreigner residing among you, giving them food and clothing. And you are to love those who are foreigners, for you yourselves were foreigners in Egypt.

Deuteronomy 10:17-19



He upholds the cause of the oppressed and gives food to the hungry. The Lord sets prisoners free, the Lord gives sight to the blind, the Lord lifts up those who are bowed down, the Lord loves the righteous. The Lord watches over the foreigner and sustains the fatherless and the widow, but he frustrates the ways of the wicked.

Psalm 146:7-9



## **The Prophets:**

- 1. Amos 5:24: justice and righteousness**
- 2. Hosea 6:6: steadfast love and knowledge of God**
- 3. Micah 6:8 : justice and kindness**



**“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.’ Then the righteous will answer him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you something to drink?**



“When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?’ The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’”

Matthew 25:35-40



**“A deep social conscience, and a life poured out in service to others, especially the poor, is the inevitable sign of real faith.”**

**– Tim Keller**



If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? Dear children, let us not love with words or speech but with actions and in truth.

1 John 3:17-18



Suppose a brother or a sister is without clothes and daily food. If one of you says to them, "Go in peace; keep warm and well fed," but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead.

James 2:15-17



Whoever oppresses the poor shows contempt for their Maker, but whoever is kind to the needy honors God.

Proverbs 14:31



Whoever is kind to the poor lends to the Lord, and he will reward them for what they have done. (see also Isaiah 1:13-17; Amos 5:21-24)

Proverbs 19:17



**i m p o v e r i s h e d**

**RICE & BEANS CHALLENGE**

**#RICEANDBEANS**

**ONLINE [CENTRALWESLEYAN.ORG/IMPOVERISHED](https://centralwesleyan.org/impooverished)**