

VINE & BRANCH FELLOWSHIP JULY 2026 FASTING DEVOTIONAL Isaiah 58 – The Fast God Chooses

Theme Scripture

“Is not this the fast that I choose...” — Isaiah 58:6

Biblical fasting is more than abstaining from food. It is an invitation for God to search our hearts, align us with His will, and transform our lives.

Preparation (Before 6 PM)

Read the entire chapter of Isaiah 58.

Then slowly read Isaiah 58:6-12 three times.

Ask:

- Is there a gap between my worship and my obedience?
- Where have I become comfortable with religious routine?
- Is my heart surrendered?
- What do You want to change in me during this fast?

Prayer:

Father, let this fast change more than my appetite. Search my heart and make my worship genuine.

MEAL 1 – FALSE FASTING

Read the entire chapter of Isaiah 58.

Then repeatedly return to Isaiah 58:1-5.

Reflect:

- Have I mistaken religious activity for surrender?
- Am I seeking God's blessing while resisting His correction?
- Is there an area where I have become outwardly faithful but inwardly distant?

Spirit-Led Prayer

Holy Spirit, what do You want to expose in me?

Wait quietly. Allow conviction to become repentance.

MEAL 2 – THE FAST GOD CHOOSES

Read the entire chapter of Isaiah 58 again.

Then repeatedly return to Isaiah 58:6-10.

Ask:

Lord, who are You inviting me to love as You have loved me?

Pray as the Holy Spirit leads. Write down names He brings to mind. Consider how you can become the hands and feet of Jesus after your fast ends.

Midday

Return to Isaiah 58:10.

Ask:

Where are You already at work?

How can I join You?

MEAL 3 – DELIGHT IN THE LORD

Read the entire chapter of Isaiah 58 one final time.

Then repeatedly return to Isaiah 58:11-14.

Give thanks for God's guidance, mercy, and faithfulness.

Breaking the Fast – 6 PM

Read Isaiah 58:11-14 one final time before eating.

Monthly Rhythm

- Read the entire chapter at each missed meal.
- Return repeatedly to the focus verses.
- Allow Scripture to search your heart.
- Pray as the Holy Spirit leads.
- Obey what He shows you.

Final Exhortation

Isaiah 58 begins with God confronting empty religion and ends with people who delight in Him. May our fasting lead us into deeper surrender, joyful obedience, and a greater delight in the Lord.