

## **Setting Others Free**

**18 July, 2010**

1. What is fasting? Does 'fasting' refer only to abstaining from food? How are the actions God refers to in Isaiah 58:7 related to fasting?
2. What attitudes are required of us to achieve the kind of spiritual fasting described in Isaiah 58?
3. How can these attitudes change how we relate to other people?
4. One of the central themes of Isaiah 58 is the need to combine prayer with action: that while we *must* call on God, ultimately, God's work here on Earth must always be our own. What does God's work on Earth look like, according to verses 6-8? How can we realign our priorities to make God's work our own?
5. What does it mean to be a "Repairer of Broken Walls" and a "Restorer of Streets with Dwellings" (v. 12) in your local community today?