

**Building Zion Series**  
**Can This Faith Save Him? The Fast & Sabbath of a**  
**Contrite Heart**  
**Isaiah 58**

- I. Confusing Ritual with Relationship (1-14)
  - A. The two key points: fasting and the Sabbath
  - B. The larger situation
    - 1. The people were in rebellion
    - 2. They decided to “put on a fast” (they were going through the religious motions)
    - 3. They wondered why God wasn’t “with them” since they were being so faithful
  - C. Do we do this?
- II. What Kind of Fast Does God Expect?
  - A. What were they doing?
    - 1. Whatever they wanted
    - 2. Social injustice of all sorts
  - B. What should they have been doing?
    - 1. Acts of justice and mercy
    - 2. Acts of compassion and help
    - 3. A removal of wicked behavior
  - C. The blessing of such a fast – joy, peace, freedom, and restoration
- III. The Sabbath Principle of Faith
  - A. Seems contrary to human wisdom
  - B. It is an outward sign of an inward reality – faith!
  - C. Jesus has become for us the restoration of the permanent “seventh day of creation Sabbath”