

Fasting Prayer Based on Isaiah 58

Heavenly Father,

I humble myself before You in the name of Jesus Christ. I come to You in fasting, not with outward show, but with a sincere heart seeking to please You. For Your Word says in *Isaiah 58:6*, “*Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?*”

Lord, I repent for any selfish, ritualistic, or prideful fasting. I ask that my heart be purified so that my fast is pleasing to You. Let my fasting be more than denying myself food—let it be a living sacrifice that glorifies You (*Romans 12:1*).

Father, I ask You to loose the bonds of wickedness.

Break every chain of sin, addiction, and oppression in my life and in the lives of those around me. Tear down every stronghold of darkness. By the blood of Jesus, I declare freedom for the captives and liberty to the oppressed (*Luke 4:18*).

Lord, undo heavy burdens.

Lift the weight of depression, anxiety, fear, and despair. Remove yokes of poverty, sickness, and generational curses. Your Word says in *Matthew 11:28–30*, “*Come to Me, all you who labor and are heavy laden, and I will give you rest.*” I bring every burden to You, Lord.

Father, make me Your hands and feet.

As Your Word declares in *Isaiah 58:7*, “*Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh?*”

Empower me to care for the poor, feed the hungry, clothe the naked, and show compassion to those in need. Let my fasting overflow in acts of love and justice.

Lord, let Your promises in Isaiah 58 be fulfilled.

Let my light break forth like the morning. Let my healing spring forth speedily. Let Your righteousness go before me and Your glory be my rear guard. Let me call, and may You answer; let me cry out, and may You say, “Here I am”.

Father, guide me continually.

Satisfy my soul in drought and strengthen my bones. Make me like a watered garden, like a spring of water, whose waters do not fail (*Isaiah 58:11*).

Lord, rebuild through me.

Use me to raise up foundations of many generations, to repair the breach, and to restore paths to dwell in (*Isaiah 58:12*). Let my fasting produce lasting fruit for Your kingdom.

I consecrate this fast to You alone.

I declare that this is the fast You have chosen.

May it bring glory to Jesus Christ and advance Your kingdom on earth.

In the mighty name of Jesus,

Amen.

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🙏 So, in the mighty name of Jesus, I pray right now: Father, surround them with Your protection, stir their hunger, and draw them into deeper freedom, in Jesus' name. Amen.

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