

Weekly Word – Feb 7, 2026

Marion Victory

Isaiah 58:1-12

Psalm 112

1 Corinthians 2:1-16

Matthew 5:13-20

Many years ago, when I was a young Christian this passage about fasting in Isaiah spoke to me. At the time I was attending a church that would have a day of fasting one Sunday a month. The kids would go home, and adults (those who wanted to), stayed for the day singing songs of praise, gathering in groups, reading the scripture, and praying. Just like the Apostles, (I thought).

We felt good at the end of the day. Not really knowing why we chose the fast but thought it was a great discipline for us. And it was! I loved those days ... But what was the purpose?

In Isaiah 58, I came across this question, GOD asked, in verse 5; “Is it a fast that I have chosen a day for a man to afflict his soul? Is it to bow down his head like a bulrush, and to spread out sackcloth and ashes? Would you call this a fast, and an acceptable day to the LORD?

Wow!

Now don't get me wrong because I know God was blessed by what we were doing. We were sincere, we were faithful, and we were lifted in our spirit. Many, many, prayers were offered and we were encouraging ourselves in the LORD And it was good!

But GOD has so much more for us to learn. In verse 6 He begins: “Is this not the fast I have chosen: To loosen the bonds of wickedness, to undo heavy burdens, to let the oppressed go free, and that you break every yoke? Is it not to share your bread with the hungry, bring to your house the poor who are cast out, when you see the naked to cover him and not hide yourself from your own flesh?

Your own flesh? Isn't that your family?

Wow again!

When you fast the way God intends ... this is the result:

Your light will shine, your healing will come, your righteousness will go before you, the glory of the LORD will be your rear guard. You shall call and He will say, Here I am! AND you shall be called the Repairer of the Breach of Streets to Dwell In. What does that mean?

A breach is a gap, rupture, or break in a wall, barrier, or relationship. It represents a point of vulnerability where defences have failed or where division has occurred. Being a repairer involves acting to fix what is broken—broken hearts, spirits, systems, or relationships. It is associated with intercession, where a person stands between God and a broken situation to bring reconciliation. It means taking action to alleviate suffering, such as feeding the hungry, caring for the homeless, and promoting fairness.

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In thinking of the Lenten Season that is now upon us. How can we do this? Lent is a season of fasting traditionally, and fasting is a discipline that is important. But how about we practice the God fasting described in Isaiah 58. Loving the hard to love, spending time with family (quality time), praying with and for the lost, inviting people to your home for a meal, encouraging people, showing kindness. AND yes, fast too!

Jesus echoes this in Matthew: We are salt and light. **Salt is a preservative.** It keeps! And it heals! Light (even the dimmest), will penetrate the darkest darkness.

You are the light of the world. Let your light shine before all men that the Father is glorified Not you.

Psalm 112:4 says this:

Unto the upright there arises light in the darkness; he (the upright) is gracious, and full of compassion and righteous.

Let's be the Light and Salt in the part of the world that we influence.