

E-NEWSLETTER

SUNDAY SERVICE

Welcome Service

With Revd. Jade
11th January 2026
10:00am

TEAM MEMBERS

Pre-Service Prayers

09:00am

FASTING WEEK

Mon 12th -Fri 16th Jan 2026

[Join Zoom Meeting](#)
Meeting ID: 830 8216 5757
Passcode: 209762



This Weeks Guest Speaker - Rob Cates - My Church, Windsor

Sunday 11th January 2026

Rob is prophet and Senior Pastor of My Church, Windsor.

A member of the European Prophetic Council, Rob regularly contributes to national & international prophetic gatherings & round tables.

Although London-Windsor-based, Rob is a prophet with a call to nations. He has a passion for the Presence of Jesus, the Kingdom of God, arts, business and government. He has a passion for the reformation of nations through every member of the Ekklesia taking their place and fulfilling God's calling on their lives.

Rob was ordained as a prophet by Bishop Bill Hamon, and as Senior Pastor of MyChurch by Dr. Sharon Stone. In 1 Chronicles 25 King David appointed 288 singers & musicians to prophesy before the Ark of the Covenant. Later the prophet Amos declared that in the last days before the return of Christ the Tabernacle of David would be restored (Amos 9:11). Rob's passion is to play his part in seeing the restoration of sung prophecy in the earth and the restoration of the Tabernacle of David.

At just seven years old Rob had an open vision which marked him for life as a seer. There and then Rob dedicated his life to Jesus. In recent years the LORD has combined the seer and nabi anointing powerfully in Rob's life to minister to and equip the Body of Christ for the end times in all aspects of prophecy, prophetic-reformation, worship and voice. Rob's heart's is to see the Body of Christ enter the fullness of freedom in Christ and become carriers of His glory, love and voice into every sphere and location. Rob has a particular sensitivity to atmosphere over nations and regions and hearing the word of the LORD concerning His will in those places.

PRAYER AND FASTING

The Purpose and Power of Fasting from Isaiah 58

Isaiah 58 offers one of Scripture's most searching examinations of fasting. Rather than rejecting the practice, the chapter radically redefines it. God exposes the futility of religious ritual divorced from justice, mercy, and humility. True fasting, Isaiah teaches, aligns worship with ethical obedience and spiritual devotion with social transformation. Though addressed to ancient Israel, the chapter remains deeply relevant for believers seeking authentic renewal today.



Historical and Literary Context

Isaiah 56–66 speaks to Israel's post-exilic community. Having returned from Babylon, the people reinstated religious practices such as fasting, Sabbath observance, and prayer. Yet injustice, exploitation, and self-interest persisted. Isaiah 58 functions as a prophetic confrontation. The people complain that God seems unresponsive to their fasting (v.3), but God answers by revealing the shallowness of their worship.

The chapter unfolds like a divine lawsuit: God exposes Israel's sin (v.1), critiques false fasting (vv.3–5), defines true fasting (vv.6–7), and promises blessing for genuine obedience (vv.8–14).

The False Fast: Ritual Without Righteousness

Israel's frustration is clear: "Why have we fasted, and you see it not?" (v.3). They assume fasting obligates God to respond. Instead, God exposes their contradiction: they fast while pursuing self-interest and oppressing workers. Their fasting is marked by quarrelling, exploitation, and performance-driven piety.

This critique echoes earlier prophets. Amos rejected worship divorced from justice (Amos 5:21–24), and Micah insisted that God desires justice, kindness, and humility over ritual (Micah 6:6–8). Isaiah's point is not that fasting is wrong, but that fasting disconnected from God's character becomes self-deception rather than obedience.

The True Fast: Worship Expressed Through Justice

In verses 6–7, God redefines fasting in active, relational terms: loosening injustice, freeing the oppressed, feeding the hungry, housing the homeless, and clothing the naked. The emphasis shifts from abstention to action. True fasting participates in God's redemptive work by restoring dignity to the vulnerable.

This vision reflects God's covenant character (Deut. 10:18) and finds fulfillment in Jesus' teaching. While Jesus assumes fasting will continue (Matt. 6:16–18), He identifies Himself with the hungry, the stranger, and the imprisoned (Matt. 25:35–40). To ignore them is to miss Jesus Christ Himself.

The Promised Power of Obedient Fasting

Isaiah 58 overflows with promise. When fasting is joined to justice, God declares, “Then shall your light break forth like the dawn” and “the LORD will answer” (vv.8–9). The imagery—light, healing, guidance, satisfaction—depicts restored spiritual vitality. The power of fasting is transformative; it reshapes individuals and communities to reflect God’s purposes.

Sabbath, Delight, and Wholeness

The chapter concludes by linking fasting with Sabbath (vv.13–14). Both disciplines resist self-centered striving and cultivate trust in God. True fasting leads to delight in the Lord. Obedience restores joy, peace and wholeness.

Conclusion

Isaiah 58 confronts every generation with a searching question: Why do we fast? Fasting used to manipulate God or preserve religious image is empty. But fasting that humbles the self and liberates others becomes powerful. Its purpose is alignment, of hearts with God’s justice, lives with His mercy, and worship with trusting obedience. Such fasting invites God’s presence, guidance, and renewing power for individuals and communities alike.

FASTING

***Disclaimer!!** If you have any health issues, do consult your GP before embarking on a fast!

Before you fast ask God what He requires of you.

1. Partial Fast - Skip a meal each day, drink plenty of water and dedicate an hour to Bible study and prayer.

2. Partial Fast - Skip 2 meals each day, drink plenty of water (or juice) and dedicate an hour or more to Bible study and prayer.

3. Liquid Fast - Skip 3 meals each day and drink plenty of water, Slim Fast, and/or juices for 1-5 days. Can include a combination of 1 or 2 above.

WORSHIP SONGS FOR SUNDAY

Opening Song - You are Worthy of it All - David Brymer / Ryan Hall

<https://youtu.be/Jbe7OruLk8I?si=g4zsqGblGw2mo1Kz>

2nd Song - I Speak Jesus

<https://youtu.be/cuypsxDnZ68?si=1NLZvaH-DfRS1eX>

3rd Song - Worthy is the Lamb (Thank you for the Cross Lord)

Darlene Joyce Zschech

https://youtu.be/qE_8Czv4jq8?si=qbok8JAb3gSRyWyX

Final Song – Great are You Lord

<https://youtu.be/uHzow-HG4jU?si=hefqV33sA2lKa6Mm>



Want to get involved in
the life of the church?

Talk With us

020-8349-3792

office@stpaulsfinchley.org.uk.
or Visit our Website
www.stpaulsfinchley.org.uk