

St. John's EBCs, Everyday Bible Conversations!

EBC 3, 2, 1! – On Location in 2026! Leading to Worship Sunday June 21, 2026

Reading: Isaiah 58:3-9

EBC focuses on bringing the Bible into our Everyday Lives, emphasizing God's Everyday presence by finding connections in our physical world! This week, we consider why we fast – or do other “rituals” showing our commitment to God. Are they for us, or for God? Click here: [Week 25 Video](#) Welcome to this week's EBC 3,2,1! Three points, two questions, and one action step!

Three Points

- In this reading from Isaiah, we hear an interesting “back-and-forth” between God and his people. The people lament that they have been fasting and humbling themselves, but God seems not to see them.
- God has been seeing the fasting of his people, however, and he is critical of them. They are not fasting as God would intend, but are fasting to “oppress all [their] workers,” “to quarrel and fight,” and “to strike with a wicked fist.” (Isaiah 58: 3-4)
- God describes that his intention for fasting is to help us “loose the bonds of injustice,” “undo the thongs of the yoke,” “let the oppressed go free,” “share your bread with the hungry,” and “when you see the naked, to cover them.” (Isaiah 58:6-7)

Two Questions

- Have you ever fasted? Do you “give up” something for Lent? Do you have other rites or rituals you do? Are you hoping God will see your pious deeds? So if we are not doing these things for God to see them, or to prove our “worthiness,” why are we doing these things?
- Do you have a habit you do each day/week or even from time to time that helps you take a moment, be still, hear, and feel God? Does your habit give you a sense of God's love? Does your habit give you courage and energy to spread God's love to others?

Action Step

- If you have a habit that centers you in the strength and energy of God's love, do it! If you don't (yet), try something – anything – that gives you a reason, and a moment, to center yourself in God's power and encouragement for the good deeds you can do!

Don't like these questions? Do these verses say something different to you? Great! What it is?

And as always, you are encouraged to find a friend (or two or many) and take an EBC coffee break! Find 15-25 minutes somewhere in the week and share your faith. Have fun finding God this week in your Everyday Life!