

# What's wrong with Fasting?!

Actually: nothing! But during the fast described in today's lesson from Isaiah, there's a lot going on that's not o.k.  
If you find all the words below, the remaining letters reveal what God thinks about the fasting of his people.

S Y O E U P S L E O R V E Y O  
U S K E E R E O N P W N I N T  
E O E O R R E O S P T O N Y O  
Y R P N R U I R F R A S T D A  
F L C A S L S T N E M G D U J  
E Y U O L U N V E S X L W D S  
A Q B E V A O E C S B T B K C  
S F B N T E A E I E F F X V Y  
P E F I A S R D T D C O A E R  
R O O L H K S R S H H O B L G  
H N O E I I E R U O G D L B N  
D C S R N C N D J U X I X M U  
Q L S S T M T L N S V R R U H  
T H G I L E D E I E K E M H H  
H O M E L E S S D H I D E P S

AFFLICTED	HOMELESS	OPPRESSED
ASHES	HOUSE	PEOPLE
COVER	HUMBLE	POOR
DELIGHT	HUNGRY	QUARREL
EVIL	INJUSTICE	REBELLION
FOOD	JUDGMENTS	RIGHTEOUSNESS
FREE	NAKED	SINS
HIDE	NATION	YOKE

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## Youth Bulletin

Fifth Sunday

after Epiphany

February 8, 2026



### Today's lessons:

Isaiah 58:1-9a (9b-12)

Psalm 112:1-9 (10)

1 Corinthians 2:1-12 (13-16)

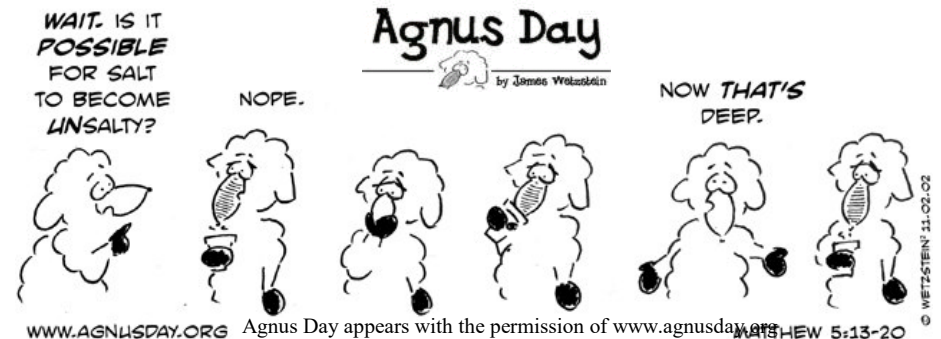
Matthew 5:13-20

God criticises his people for their insincerity: they fast, but they do not share their food with the hungry. That's not how God understands fasting! Only if the people help those in need, God will accept their fast and help them.

God likes generosity and compassion.

When Paul first came to the Corinthians, he was careful not to overwhelm them with rhetoric, but to let the gospel speak for itself. But that does not mean that everything Paul has to say about Jesus Christ will be on preschool level!

Jesus sees his followers in an important role for the world at large: like a pinch of salt is essential for the taste of a whole dish, so the disciples will change how others perceive God and the world. But only if the disciples do their job and live according to God's will.



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## THE HOLY FOURTH ESTATE AREA ?

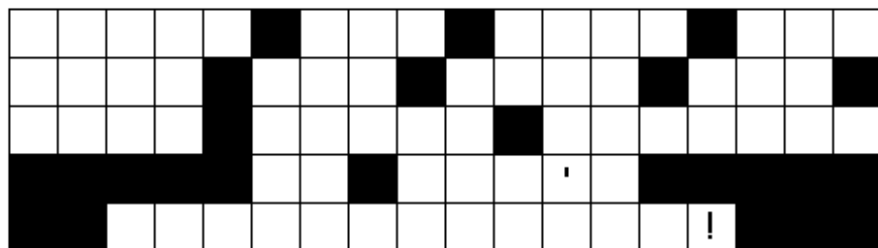
THE FOURTH ESTATE: the people and organizations who report the news: journalists as a group.

Or did the editor get it all mixed up and Jesus really said:

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# How to live the good life

This phrase from today's psalm has fallen through the cracks.  
Can you restore it by moving each letter up into the column above?



A

E

C P T N R A O D H E

H A V R G H N E M T N T S W H  
F E A O M I A E D T E R D Y I G D O  
H A P E Y M R E G L O D S L A N H T

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## *The Gospel (R-rated)*

Speaking to the 'mature', the apostle Paul uses lots of words that have to do with learning and knowledge.  
Do you know enough to decipher these words?

NOWK

--	--	--	--

11

WODRS

--	--	--	--	--

HEPCES

	13	4			

MODWIS

	10	22			

TUITCNRS

14			3	15			16

SATDEDRUNN

17				5		19			

CEDROEPANH

TAMNOTSEINORD

	8			12	9		18		1		21

In short: for the advanced learners Paul is

												G
1	2	3	4	5	6	7	8	9	10	11		

								L
12	13	14	15	1	16	17	18	

				<b>G</b>	
19	20	10	21		22

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