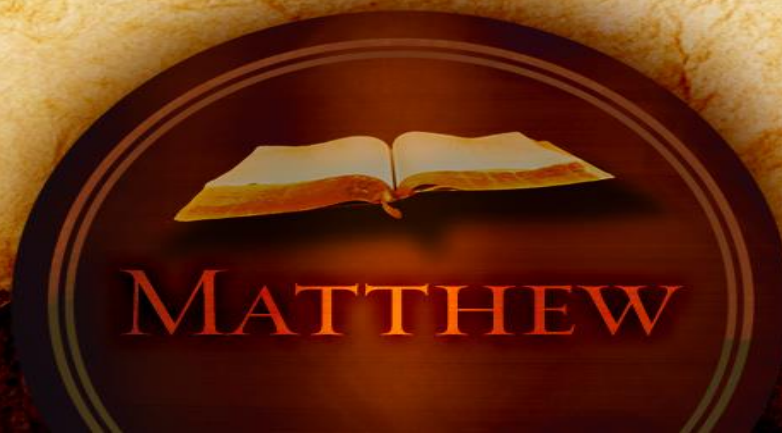




# Matthew 6:16-18

When a Christian Fasts







# Contrast!

<u>Text</u>	<u>When You</u>	<u>Hypocrite</u>	<u>Don't</u>	<u>YOU!</u>	<u>Father</u>	<u>Outcome</u>
<u>6:1-3</u>	Give/poor	Noticed	Sound Trumpet	Left/hand	Sees Sect.	Reward
<u>6:5-7</u>	Pray	Seen	In the Streets	Inner Rm.	Sees Sect.	Reward
<u>6:16-18</u>	Fast	Noticed	Gloomy Face	Anoint/Wsh	Sees Sect.	Reward





# Fasting:

1. What it is?
2. Who would do it?
3. How was it done?
4. When was it done?
5. Biblical Examples.





## Matthew 6:16-18

“16 Now whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. 17 “But you, when you fast, anoint your head and wash your face 18 so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you.





# #1 What is Fasting?

Fasting is the abstaining from eating for a specific period of time with the intent of drawing closer to the Lord for a purpose.





## #2 Who would do it?

- a. Nations (Israel/Ninevah)
- b. Small Groups (David and his men in 2 Sam 1)
- c. Individuals (Usually it's a private matter between an individual and the Lord)





### #3 How was it done?

- a. Partial Fast (No food but drink water)
- b. Total Fast (No food OR water)
- c. Duration can vary (1, 3, 7, 40 days)
- d. What to wear? (Whatever you want, just don't draw attention to yourself)





# Sackcloth was traditionally black

Isaiah 50:3 ““I clothe the heavens with blackness And make sackcloth their covering.”

Rev. 6:12 “Then I looked when He opened the sixth seal, and there was a great earthquake; and the sun became black as sackcloth...”





# Matthew 6:16

“Now whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full.



# Fasting:



1. What it is?
2. Who would do it?
3. How was it done?
  - ✓ 1, 3, 7 days. It's up to you.
  - ✓ Total or partial—it's up to you.
  - ✓ Clothing? Like you would normally. Better, in fact. You don't want people knowing. **It's between you and God.**





# Fasting always includes prayer

~You can pray without fasting, but you can't fast without praying.





# Fasting:

1. What it is?
2. Who would do it?
3. How was it done?
4. When was it done?





## #4 When was it done?

- 1) When you're faced with great sorrow and despair.
- 2) When you're faced with some great calamity or some great danger and your seeking God's protection in something.
- 3) If you're seeking guidance from the Lord, some life changing decision or event.
- 4) As a sign of repentance, knowing God's wrath was coming upon them.





# Matthew 6:16

“Now whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full.





# Who God hears and does NOT hear

Jer. 14:12 “When they fast, I am not going to listen to their cry; and when they offer burnt offering and grain offering, I am not going to accept them. Rather I am going to make an end of them by the sword, famine, and pestilence.”

Joel 2:13 ““Yet even now,” declares Yahweh, “Return to Me with all your heart And with fasting, weeping, and wailing; And tear your heart and not your garments.” Now return to Yahweh your God, For He is gracious and compassionate, Slow to anger, abounding in lovingkindness, And relenting concerning evil.





## Matthew 6:17-18

“But you, when you fast, anoint your head and wash your face so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you.





## 1 Corinthians 2:9

“No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him.”

NLT