

## Fasting Without Hypocrisy

### Matthew 6:16-18 – Part 1

- Many people fast today:
  - For *health reasons*
  - For *competitive reasons*
  - For *political reasons*
  - For *intellectual reasons*
  - For *religious reasons*
- Why Christians might not fast:
  - Because of *fear*
  - Because of *self-indulgence*
  - Because of *ignorance*
  - Because of *medical reasons*
- First, a *definition of fasting*
  - Biblical fasting *is voluntary*
  - Biblical fasting *is abstaining from food*

- Biblical fasting *is for spiritual purposes*
- Second, the *practice of fasting*
  - There are different types of fasts:
    - *Supernaturally sustained fasts*
    - *Absolute fasts*
    - *Partial fasts*
    - *Common fasts*
  - Who fasted in Scripture:
    - *Nations*
    - *Congregations*
    - *Groups*
    - *Individuals*
  - What fasting is sometimes associated with:
    - *Prayer*
    - *Social activities*
    - *Marital activities*

- Biblical reasons for fasting:
  - Fasting is *to seek God's protection*
  - Fasting is *seek God's deliverance*
  - Fasting is *to seek God's meaning of His Word*
  - Fasting is *to seek God's mercy towards us*
  - Fasting is *to seek God's comfort for others*
  - Fasting is *to seek God's will for service*
  - Fasting is *to seek God's will in helping the needy*
  - Fasting is *to seek God's will in temptation*

## References

- Matthew 6:16-18
- Leviticus 16:29
- Isaiah 58:3
- Exodus 34:28
- Ezra 10:6
- Daniel 1:8, 12
- Matthew 4:2, 11
- Jonah 3:6-7
- Joel 1:14
- Acts 13:3
- Psalm 42:3

- 2 Corinthians 11:27
- Ezra 8:23
- Ezra 9:5
- Nehemiah 1:4
- Joel 2:12ff
- Daniel 9:3
- Acts 13:3
- Joel 2:15-16
- 1 Corinthians 7:5
- Ezra 8:21
- Esther 4:16
- Daniel 10:1ff
- 2 Samuel 12:17, 20
- Psalm 35:13
- Nehemiah 1:4
- Isaiah 58:1-7
- Matthew 4:1-11