

When You Fast

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Matthew 6:16-18

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“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

Matthew 6:16-18

“Walking in the truth is like walking on a razor blade. You can fall off either side.”

~ Anonymous ~

■ The Biblical Definition of Fasting:

Fasting is _____ abstaining from food for _____ purposes.

■ Jesus’ Three Directives in Matthew 6:1-18

1. When you _____ (v. 2).
2. When you _____ (v. 5).
3. When you _____ (v. 16).

Jesus _____ every believer to be _____ in all three of these activities (see also Luke 5:33-35).

■ THINGS WE MUST KNOW ABOUT FASTING

1. It must be _____.
2. It must avoid all _____.

There is one statement that if we recited it numerous times a day, and truly believed it, it could help keep us from the sin of hypocrisy:

“ _____ !”

3. It must be _____.
4. There must be a _____ context.
 - A great and weighty trouble is before us (Judges 20:26; 2 Chronicles 20:3-4; Joel 1:14; Luke 4).
 - The seeking of a special blessing or the supply of some great need (Lev. 23:29-32; Ezra 8:21; 2 Samuel 12:16; Psalm 35:13; Nehemiah 1:4; Daniel 9:3; Luke 2:37; Acts 13:3).
 - Confession of sin (1 Samuel 7:6; Ezra 10:6; Nehemiah 1:4; Jonah 3).
 - The denying of self, the bringing of our body and its lusts in subjection to the will of God (Psalm 69:10; Luke 21:34).
5. There must be no attempt to _____ God.
6. It must be accompanied by _____.
7. It helps us appreciate the _____.
8. It is a character _____.
9. It can include more than just _____.

☆ Fasting Simplified: It’s all about one _____ driving out another _____ for the glory of God!

"It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"

~ Matthew 4:4 ~

One Question:

_____?