

FASTING THAT PLEASES GOD! MT 6:16-18, 9:14-15

Biblical facts about fasting:

1. Jesus **assumes** believers will fast!

Matthew 6:16 Moreover **when ye fast**, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. **Matthew 6:17** But thou, **when thou fastest**, anoint thine head, and wash thy face; **Matthew 6:18** That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

2. Jesus **also** assumes fasting will be abused / misused

Matthew 6:16 Moreover when ye fast, be **not**, as the hypocrites, of a **sad countenance**: for they **disfigure** their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.

3. Jesus requires that believers fast...privately / secretly →that is, Biblically!

Matthew 6:16 Moreover when ye fast, be not, as the hypocrites (οἱ ὑποκριταί), of a sad countenance (σκυθρωποί): for they **disfigure** (ἀφανίζουσιν γὰρ τὰ πρόσωπα αὐτῶν) their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. **Matthew 6:17** But thou, when thou fastest, anoint thine head, and wash thy face; **Matthew 6:18** That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

- No outward sadness
- No disfiguring of the face
- Not for public knowledge / consumption

This is the wrong purpose / heart motivation

- Stay well-groomed
- Stay showered
- All for & unto the Father → no one else should know

Classified

Top secret

Above / beyond top secret

For His eyes only

Romans 11:36 For **of him**, and **through him**, and **to him**, are all things: to whom be glory for ever. Amen.

Colossians 3:17 And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.

Colossians 3:23 And whatsoever ye do, do it heartily, as to the Lord, and not unto men;

4. Jesus **commends** fasting **as** one discipline of the Disciplines of Grace

Matthew 6:2 Therefore when thou **doest thine alms**, do not sound a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, They have their reward. **Matthew 6:3** **But when thou doest alms**, let not thy left hand know what thy right hand doeth: **Matthew 6:4** **That thine alms** may be in secret: and thy Father which seeth in secret himself shall reward thee openly.

Matthew 6:5 **And when thou prayest**, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward. **Matthew 6:6** **But thou, when thou prayest**, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

Psalms 1:2 **But his delight is in the law of the LORD; And in his law doth he meditate day and night.** **Psalms 1:3** And he shall be like a tree planted by the rivers of water, That bringeth forth his fruit in his season; His leaf also shall not wither; And whatsoever he doeth shall prosper.

Joshua 1:8 This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

Hebrews 3:13 But exhort one another daily, while it is called To day; lest any of you be hardened through the deceitfulness of sin.

Hebrews 10:25 Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.

Ephesians 5:18 And be not drunk with wine, wherein is excess; but be filled with the Spirit; **Ephesians 5:19 Speaking** to yourselves in psalms and hymns and spiritual songs, **singing** and **making melody** in your heart to the Lord; **Ephesians 5:20 Giving thanks** always for all things unto God and the Father in the name of our Lord Jesus Christ; **Ephesians 5:21 Submitting** yourselves one to another in the fear of God.

What might some of these be?

- **Meditation**
- **Reading &/ hearing**
- **Praying**
- **Giving**
- **Singing**
- **Assembling together**
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