

**The Sermon on the Mount**  
**53 – Fasting – Provision for the Needy Soul**  
**Matthew 6:16-18**

I. The Implicit Importance of Fasting

A. Fasting is Implicitly Presumed and Promoted but not Prescribed in the Particular

B. Fasting is Occasioned by God's Providence Presenting the Soul with a Burden of Compelling Weight, Importance, and Concern

C. Fasting is Practiced by Attending to Some Pressing Spiritual Concern with Priority and Urgency that renders Eating Inappropriate and Distracting

II. The Ruinous Influence of Spiritual Pride and Hypocrisy on Fasting

III. The Promised Blessing Attending a Spiritual and Biblical Practice of Fasting