

## **Fasting for the Right Reason: The Glory of God (Matt 6:16-18; 9:14-18)**

- There is no command given in the NT that the Christian must fast
- Jesus expected us to fast, “*When* you fast” not “*if* you fast”
- “When the bridegroom is taken away the disciples will fast” Matt 9:15

### **I. Hypocrisy: A Danger in Fasting**

- a. Warning – don’t fast like hypocrites “They have their reward in full”
- b. Why is this hypocrisy?
- c. An alternative way of fasting

### **II. Jesus' Test of the Reality of God in our Lives**

- When you fast, anoint your head & wash your face
- Don’t fast to be seen by men but by your Father who is in heaven
- a. True fasting in the NT: new wine, new wineskins (Matthew 9:14-18)
  - i) Inappropriate for guests to fast while they have the bridegroom
  - ii) They will fast when the bridegroom is taken away from them
  - iii) No unshrunk cloth on old garment, new wine in old wineskins
- We do not fast in response to a prescribed legalistic ritual
- We fast in response to a heartfelt passion for God

### **III. Promise Jesus Gives to Those whose Focus is God (6:18)**

“And your Father who sees in secret will reward you openly”

- a. What is the reward Jesus promises?
- **6:9-13** God’s Name be hallowed, His kingdom come, His will be done