

**“Sincere Worship” –  
Matthew 6:1-18  
July 16, 2023**

**Introduction & Review – The law of the New Covenant Today – a new emphasis**

- I. Three things that go together – alms, prayer and fasting (Daniel 9:3 / Isaiah 58:6-7)
- II. Continuing to focus on the condition of the heart - Don't practice your religion to be seen by them (6:1)

**A. Giving alms – 6:2-4**

- 1. An important command in the law and the prophets - Psalm 146 & 112:9 / James 1:27
- 2. A great reward - Proverbs 11:25 / Psalm 41:1 / Luke 14:14-15
- 3. How to avoid giving alms for the wrong motive – 6:2-3 (1 Samuel 16:1-7 / Hebrews 4:12)

**B. Prayer – 6:5-15**

- 1. Go into your room
- 2. Do not heap up empty phrases
- 3. Pray like this – the Lord's Prayer (Psalm 119:25, 28, 41, 116, 169, 170)

**C. Fasting – 6:16-18**

- 1. Why don't your disciples fast? – Mark 2:18-20
- 2. In times of difficult trial – Joel 1:13-14 & 2:11-17 (Psalm 102:4-5 / Daniel 10:2-3 / 2 Samuel 12:15-23)
- 3. When important decisions need to be made - Acts 13:2-3 & 14:23
- 4. A natural response to trial - Psalm 102:4-5 / Daniel 10:2-3
- 5. What are the rewards of sincere devotion? - Psalm 92:12-15 & 16:11 (Hebrews 11:24-27) / Psalm 27:3-6