

LESSONS FROM THE SERMON ON THE MOUNT

FASTING

November 28, 29, 2009 • Matthew 6:16-18 • Steve Holley

Scripture - Matthew 6:16-18

¹⁶"Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. ¹⁷"But you, when you fast, anoint your head and wash your face ¹⁸so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you."

Fasting...

is _____ by Christ.

is not for _____ and
_____.

done appropriately, brings _____.

should be motivated by a _____.

Application

Pray and fast with a heart of _____.

Pray and fast in _____.

Things to pray and fast for:

If giving is being most like our Heavenly Father, and prayer is talking with our heavenly Father, then fasting is

Resources:

Fasting for Spiritual Break Through by Elmer Towns

A Hunger for God – Desiring God Through Fasting and Prayer
by John Piper

“Your Personal Guide to fasting and Prayer” by Dr. Bill Bright
<http://www.cci.org/growth/growing-closer-to-god/how-to-fast/index-print.html>