

Fasting Rightly

The Sermon on the Mount

Matthew 6:16-18_ One28
(1st of May' 2019)

Outline

- ✓ Context
- ✓ What NOT TO DO when Fasting
- ✓ What TO DO when Fasting
- ✓ Application

➤ 6:1-4 – Giving Rightly

➤ 6:5-8 – Praying Rightly

➤ 6:9-15 – The Model Prayer

➤ 6:16-18 – Fasting Rightly

Context

- ✓ To strengthen prayer (Ezra 8:23; Neh. 1:4; Dan. 9:3; Joel 2:12-17; Acts 13:3)
- ✓ To seek God's guidance (Judg. 20:26-28; Acts 14:23)
- ✓ To express grief (Judg. 20:26; 1 Sam. 31:11-13; 2 Sam. 1:11-12)
- ✓ To seek from God deliverance or protection (2 Chr. 20:3-4; Ezra 8:21-23; Esther 4:16; Ps. 109:21-26)
- ✓ To express repentance and the return to God (1 Sam. 7:6; Joel 2:12; Jonah 3:5-8)
- ✓ To humble oneself before God (1 Kin. 21:27-29; Ps. 35:13)
- ✓ To express concern for the work of God (Neh. 1:3-11; Isa. 58:6-7; Dan. 9:3)
- ✓ To express love and worship to God (Lk. 2:37)

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What NOT TO DO when Fasting

- ✓ Put on a gloomy face (16a)
- ✓ Neglect your appearance (16b)
- ✓ Have an attitude of 'doing it to be noticed by men' (16c)

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What TO DO when Fasting

- ✓ Anoint your head with oil (17a)
- ✓ Wash your face (17b)
- ✓ Have an attitude of 'doing it to be noticed by God' (18)

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