

“Fasting 101”  
Matthew 6:16-18

Central Idea: Fasting focuses our hearts on the things of God.

I. What you need to know about fasting

- We find people fasting in the \_\_\_\_\_.
- We find people fasting in the \_\_\_\_\_.
- No New Testament \_\_\_\_\_ to fast.
- What is Fasting?
  - A believer’s \_\_\_\_\_ abstinence from food and/or water for \_\_\_\_\_ purposes.
- Fasting is NOT...
  - a way to \_\_\_\_\_ God to give us something.
  - a way to earn \_\_\_\_\_ brownie points with God.
- Fasting can help in our relationship with God
  - \_\_\_\_\_ - it can help keep our \_\_\_\_\_ pure
  - \_\_\_\_\_ - it can help us to \_\_\_\_\_ on God
  - \_\_\_\_\_ - it can help us \_\_\_\_\_ spiritually
  - \_\_\_\_\_ - it can help us to be humble

II. Jesus on fasting (Matthew 6:16-18)

- Context

Don't do good so \_\_\_\_\_ will praise you, but let your \_\_\_\_\_ in heaven praise (reward) you for the good you do.

- Fasting for \_\_\_\_\_ (16)

“gloomy face” - countenance - to look \_\_\_\_\_, \_\_\_\_\_

“neglect their appearance” - actual \_\_\_\_\_ appearance

“neglect” = means to deprive of \_\_\_\_\_

- WHY?

To be “noticed by men”

“Noticed”- something brought out into the \_\_\_\_\_

- Fasting for \_\_\_\_\_ (17-18)

“anoint your head”

“wash your face”

Your appearance is \_\_\_\_\_ - no indication of your fasting.

- WHY?

- God alone should be your \_\_\_\_\_ and His reward

alone should be your \_\_\_\_\_.

“will reward you”

Application:

\_\_\_\_\_ in “First Tuesday” prayer and fasting.