



SERMON *on the* MOUNT

“FAST AND SLOW” // MATTHEW 6:16-18

“Fast and Slow”

Matthew 6:16-18

“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.”

Matthew 6:16-18

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Biblical fasting is a Godward practice
done for the Lord and upheld by his
strength.

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“Ultimately we fast simply because we want God more than we want anything this world has to offer us... Fasting is an offering of emptiness to show where fullness can be found.”

-John Piper



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Fasting in Its Context:

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Fasting in Its Context:

- Fasting in the Old Testament

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Fasting in Its Context:

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 - Jonah 3:5-9
 - Leviticus 23

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Fasting in Its Context:

- Fasting in the Old Testament
 - Mourning.
 - Repentance
 - Deep Spiritual Need

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Fasting in Its Context:

- Fasting in the New Testament

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Fasting in Its Context:

- Fasting in the New Testament
 - Luke 2:37
 - Acts 13

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“Then the disciples of John came to him, saying, ‘Why do we and the Pharisees fast, but your disciples do not fast?’ And Jesus said to them, ‘Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast.’”

Matthew 9:14-15

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I. Avoid Fasting on Display (v. 16)



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I. Avoid Fasting on Display (v. 16)

II. Approach Fasting as Devotion (v. 17)

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I. Avoid Fasting on Display (v. 16)

II. Approach Fasting as Devotion (v. 17)

III. The Aim of Fasting: God (v. 18a)

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I. Avoid Fasting on Display (v. 16)

II. Approach Fasting as Devotion (v. 17)

III. The Aim of Fasting: God (v. 18a)

IV. The Reward from the Father (v. 18b)



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