

Right Fasting

Matthew 6:16-18

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1. Fast
2. Fraud
3. Feast

Right Fasting

Matthew 6:16-18

1. Fast

- Voluntarily abstaining from food or drink for spiritual purposes.
- Moses, Elijah, Esther, Daniel, Jesus, Paul

Right Fasting

Matthew 6:16-18

1. Fast

- Significant & Powerful
- Why? We know the power of food!

Right Fasting

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1. Fast

- God uses the physical element of food to communicate theological truths!

Right Fasting

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1. Fast

- Fasting & Feasting in the bible MARK OUT events, circumstances, & relationships!

Right Fasting

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1. Fast

- How do I fast?
- NOT – should I fast?

Right Fasting

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2. Fraud

- Be careful, practicing your righteousness!
- Right behavior & Right motives

Right Fasting

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2. Fraud

- Hypocrite =
 - Actor playing the part
 - To be praised by others

Right Fasting

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2. Fraud

- Fasting whole body training that God is greater than food!

Right Fasting

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2. Fraud

- Body displayed as lowly
- Heart is loud!

Right Fasting

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2. Fraud

- Deception intended to result in financial or personal gain

Right Fasting

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2. Fraud

- How do you discern your motives?
- How do you discern others' motives?

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3. Feasting

- “Fasting is feasting”

Right Fasting

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3. Feasting

- No longer captive to the world's rewards
- Right STANDING

Right Fasting

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3. Feasting

- What if ...
- What needs to change?
- Who?