

# City On a Hill 14

Matthew 6:16-18



Mat 5:13-16 Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? it is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men. (14) Ye are the light of the world. A city that is set on an hill **cannot** be hid. (15) Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. (16) Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.



By way of review...

- Identity-  
Ambassadors
- City on a Hill-  
Foundations

# On Fasting, The Art of Going Without



- **Mat 6:16** Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.
- Fasting during the Time of Jesus.
  - Common Practice
  - Private versus Public (Yom Kippur)
  - Twice per week typically on Monday and Thursday.
  - **Luk 18:12** I fast twice in the week, I give tithes of all that I possess.
- What does it mean to fast, should we fast and if so how and why?

# What exactly is fasting?

- Νηστεύω (nēsteuō) (Strong) To abstain from food, (Thayer) to abstain as a religious exercise from food or drink: either entirely, if the fasted lasted a single day, or from customary and choice nourishment, if it continued several days.
- Always related to food in scripture
  - **Regular Fast** (All but water) 2 Chron. 20, Ezra 8:21, Luke 4:2-4
  - **Partial Fast** (Certain Foods) Daniel 10 (Done by Jews particularly during feasts, fast for things?)
    - Fast by abstaining from sex? (1 Cor. 7:1-5) Not the fast itself but to “give yourself to fasting...”
  - **Full Fast** (All food) Esther 4:16, 1 Kings 19



# Moreover when ye fast...



- When?
- Is this an indirect command, assuming you will fast?
  - Greek word for whenever, implying uncertainty. Like, “You might not but if you do...”
  - Causatively (Conjugationally) as long as...
- Unlike a forced fast, “you must eat only this. Or you must fast this way.” Ash Wednesday, Lent

## ...Be not as the Hypocrites, of a sad countenance:

- Of course, he was referring to the Pharisees, Sadducees and Scribes. (Luke 18:12)
- They disfigure their faces, so they look like they are fasting.
- As if to say:
  - Look at how I am sorrowing for God
  - Look at how spiritual that I am
  - Look at my works believer and marvel and be impressed.
- Difference between the world viewing our works and glorifying God, and Christian glorifying their works to one another for their own sake.



# They have their reward.



- “That they may appear unto man”
- They have their reward.
  - They have exactly what they desired
  - They have a misunderstanding of what fasting was even for.
- Wait what is fasting for? When?
  - Always linked to Prayer, repentance, mourning, peril (war, casting out of demons whole other conversation).
  - Was always serious and never done just because.



# How to fast?

- **Mat 6:17-18** But thou, when thou fastest, anoint thine head, and wash thy face; (18) That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.
- Anoint thy head wash thy face.
  - Not like Daniel, make yourself appear to be refreshed.
- Secretly, again after the Lord's prayer we see another reference to the private nature of our relationship to God.
  - Left hands and right hands
  - Praying in closets
  - Now fasting in secret
  - Seeing a trend here?



There seems to be a disconnect  
from what we do publicly for the  
world to see and what we do  
privately for God and God alone.  
Or even for each other publicly.

God should always receive the  
Glory.

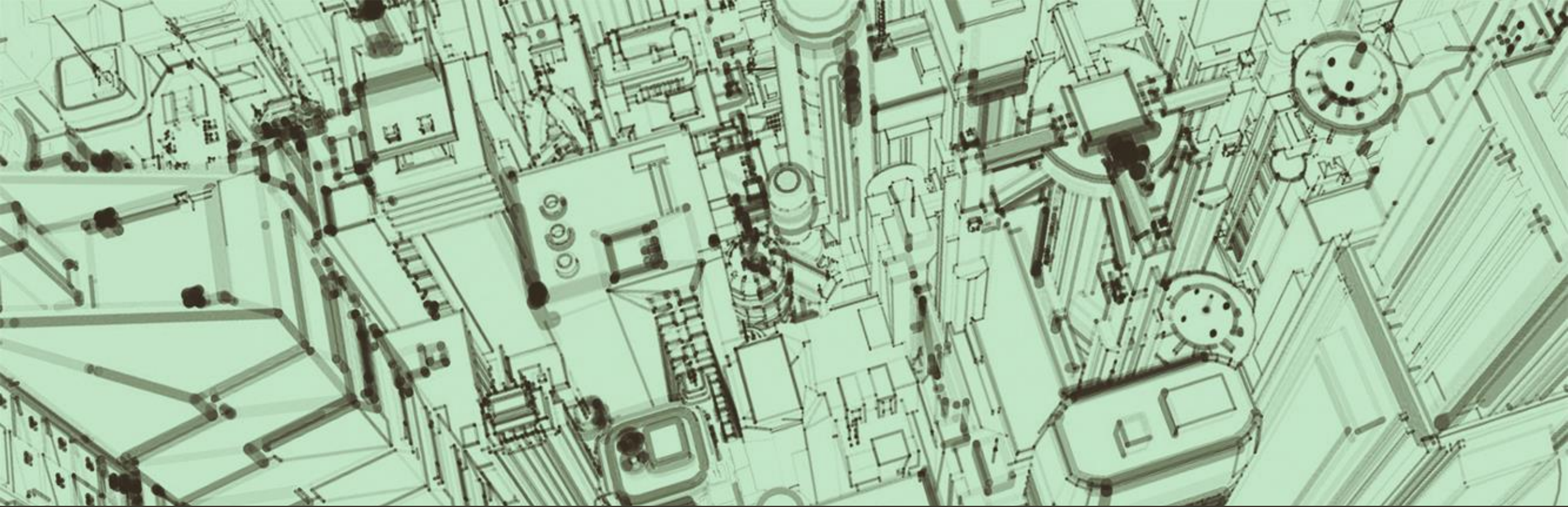
A person is kneeling in a field of tall grass, their back to the camera. Their arms are raised high, hands open, towards a bright sun that is partially obscured by a large, dark, dramatic cloud. The sun creates a strong lens flare effect. The sky is filled with various shades of blue and orange, suggesting a sunset or sunrise. The overall mood is one of awe, hope, and spiritual connection.

Sum it up...

It is all about our hearts, and who we serve.

Hear and Do...

This is how we are light.



# City On a Hill 12

Matthew 6:5-8

