



Fasting and Kingdom Citizens

Matthew 6:16-18

Introduction: What do you know about _____?

How many of you have heard about _____ Fasting?

[Matthew 6:5](#) - “_____ you fast”.

Jesus took it for granted that His Kingdom Citizens would _____.

So, then what is fasting?

Pastor Jon Courson shares **two reasons for fasting**:

1. The first is for _____.
2. For _____.

Oswald Chambers has said, “Fasting means _____.”

Dr. John MacArthur writes, “Fasting is mentioned some _____ times in the New Testament, almost always favorably.” He went on to write, “Fasting is a legitimate form of spiritual devotion.”

Jesus is going to teach us, _____ **to Fast**.

I. Jesus expected us to _____ – 6:16

¹⁶ *“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward.*

Jesus tells us not to **FAST** for _____ recognition. Other translations render this verse like this:

- ESV – Do not look _____ like the hypocrites.
- NLT – Don’t make it _____, as the hypocrites do.
- NCV – Don’t put on a _____ face like the hypocrites.

The Pharisees fasted twice a week, _____, and _____ ([Luke 18:12](#)).

I have read that the word “*disfigure*” is an expression for mournful gestures often done with _____ and _____ .

What are some positives can we draw from our text? I believe we can see the following two ideas:

1. Jesus is teaching us about spiritual _____ here.
2. Jesus is teaching us to be real on our spiritual _____.

II. Jesus taught us _____ to Fast – 6:17-18

According to Jesus how are Kingdom people to _____? He shares three steps we are to take if we want to start a fast. They are:

A. Pick a _____ to fast – 6:17a

¹⁷ *But you, when you fast,*

This is the second time we read, “*when you fast*”. Now, when I say, **pick a _____ to FAST**, I am not talking about the hours we see on the face of a clock. That is _____ time. No, I’m talking about situations, or seasons of times we go through in life. Those moments we all face. The Greek word for this type of time is “_____”. Kairos means an appointed time, an opportune moment, or a due season.

Appointed time - Opportune moment - Due season

- David fasted for a _____ child – [2 Samuel 12:16](#)
- Daniel fasted for spiritual _____ – [Daniel 10:10-14](#)
- Esther fasted before going _____ King Ahasuerus – [Esther 5:2](#)
- Jesus fasted for _____ days – [Matthew 4:2](#)
- Paul and Barnabas fasted when they _____ elders – [Acts 14:23](#)

Kairos Moments for FASTING

1. Feeling as if God is _____ in your Christian life. You should probably take some time to fast.
2. You have a _____ that is not easily conquered. You should probably take some time to fast.
3. You are about to make a life-changing _____ – college, marriage, job change. You should probably take some time to fast.
4. You are having _____ getting along with other Christians. You should probably take time to fast.
5. You are considering a _____ from your community and your church home. You should probably take time to fast.
6. You are struggling with a _____ issue. You should probably take some time to fast.

7. You are not _____ what you know you should be doing. You should probably take time to fast.

In [Ephesians 5:16](#), Paul writes “*redeeming the time, because the days are evil.*” Paul is not speaking of Chronos time – the tic, tic, tic of a watch, but of _____ opportunities that come into our lives. We should seek to practice a heightened sense of awareness of these special opportune times and seasons.

B. _____ your head – 6:17b

“anoint your head”

What Jesus is teaching here is the _____ care for the body – personal hygiene.

[Psalm 23:5](#) - “*You anoint my head with oil;*”

The Message - *Shampoo and comb your hair, brush your teeth...*

Write down the words: **Clean up!**

C. _____ your face – 6:17c

“and wash your face,”

Jesus is telling His disciples that when they **FAST** that they are to wash their faces. If you need to shave, shave. Write down the words: _____ **up!**

We have all heard the phrase, “Put your best foot forward.” Well, I would say, “**Put your best _____ forward.**”

D. Don’t _____ to men to be fasting – 6:18a

¹⁸*so that you do not appear to men to be fasting,*

Jesus is teaching that when we _____ that we are not **FASTING** to be _____ by men.

We are not to become _____ when it comes to fasting.

Don’t let others know you are _____ ! It is between you and God alone.

John Welsey wrote, “First, let fasting be done unto the Lord with our eye singly fixed on Him. Let our intention herein be this, and this alone, to glorify our Father which is in heaven.”

E. Your Father will _____ you – 6:18b

“but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”

Kingdom people are too _____ to connect with our God who is in a secret place. Here is that “secret place” again. Remember in the last chapter I shared from one of my favorite Psalms? [Psalm 91:1](#),

He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty.

Apparently, _____ brings us into “the secret place of the Most High”. I like it, but do I like it enough to **FAST**? That’s a great question to ask ourselves.

III. How to _____ for **FASTING**?

Allow me to provide you with six steps to take when it comes to **FASTING**:

1. Make sure that you are _____ enough to fast (see your doctor).
2. Make sure that you are fasting for the right _____. If you fast to lose weight, don’t pretend to be fasting for spiritual purposes. Don’t be a hypocrite.
3. Start by skipping _____ meal, and then two, until you can walk through a full day of fasting. Start slow and move forward.
4. Make sure that you continue to _____ water (and or juice). Avoid dehydration. Most people don’t drink enough water as it is.
5. When you feel hungry during your **FAST**, turn your _____ towards the Lord. Connect and talk with Him.
6. Put your **FAST** day on the _____. Plan it into your regular daily routine.

Conclusion: Kingdom Citizens _____. It is just expected. So, when will you **FAST**? Hopefully, you recognize it as a spiritual _____ that we as believers can incorporate into our daily faith.

In closing, I want to remind us of six things about **FASTING**:

1. Fast for spiritual _____ .
2. Fast but don’t draw _____ to yourself.
3. Fast and take care of your _____ .
4. Fast and say _____ to anyone.
5. Fast and _____ your Father in His secret place.
6. Fast and allow God to _____ you. (His Presence).

1. Courson, J. (2003). [Jon Courson’s Application Commentary](#)(pp. 32–33). Nashville, TN: Thomas Nelson. [↑](#)