

Drawing Close in the Fast

Matthew NKJV 6: ¹⁶“Moreover, when you fast, do not be like the ^[a]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. ¹⁷But you, when you fast, anoint your head and wash your face, ¹⁸so that you do not appear to men to be fasting, but to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you ^[a]openly.

Matthew NKJV 9: ¹⁴Then the disciples of John came to Him, saying, “Why do we and the Pharisees fast ^[a]often, but Your disciples do not fast?” ¹⁵And Jesus said to them, “Can the ^[a]friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast.

Matthew NKJV 4 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. ²And when He had fasted forty days and forty nights, afterward He was hungry

1. What is fasting?

Matthew NKJV 6; ¹⁶“Moreover, when you fast,

2 Corinthians NKJV 5: ¹⁷Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new.

2. Fasting requires the right attitude

Matthew 6: 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.

3. Prayer and Fasting helps you get answers to prayer,

Acts NKJV 13 Now there were in the church at Antioch prophets and teachers, Barnabas, Simeon who was called Niger,^[a] Lucius of Cyrene, Manaen a lifelong friend of Herod the tetrarch, and Saul. ²While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” ³Then after fasting and praying they laid their hands on them and sent them off.

4. Let's fast by faith

Matthew NKJV 6: ¹⁷But you, when you fast, anoint your head and wash your face, ¹⁸so that you do not appear to men to be fasting, but to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you openly.^[a]