

KINGDOM LIFE

IN A

FALLEN WORLD

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A SERMON SERIES ON THE SERMON ON THE MOUNT



# WHEN YOU FAST...

**MATTHEW 6:16-18**



*“Self-indulgence is the enemy of gratitude.”*

*“Full stomachs and jaded palates take the edge from our hunger and thirst for righteousness. They spoil the appetite for God.”*

CORNELIUS PLANTINGA JR.



Expand

Collapse




Gender *required*

Response Count: 77 (100.0%)

Answered Responses	Answer	Responses	Percent of Total Responses
	Male	36	46.8%
	Female	41	53.2%

Age Range *required*

Response Count: 77 (100.0%)

Answered Responses	Answer	Responses	Percent of Total Responses
	21 and under	5	6.5%
	22 to 34	52	67.5%
	35 to 44	9	11.7%
	45 to 54	5	6.5%
	55 to 64	6	7.8%
	65 and over	0	0%






▼ **Have you ever participated in the spiritual discipline of FASTING...from food?** *required*

Response Count: 77 (100.0%)

Answered Responses	Answer	Responses	Percent of Total Responses
	Yes	52	67.5%
	No	25	32.5%

▼ **If yes, how long was the fast?**

Response Count: 53 (68.8%)

Answered Responses	Answer	Responses	Percent of Total Responses
	Hours	8	15.1%
	1 Day	30	56.6%
	2 to 4 Days	13	24.5%
	5 Days to a Week	7	13.2%
	Week +	3	5.7%
	<i>question not answered</i>	24	31.2%

# 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 6:1

“Beware of practicing your righteousness before other people in order to be seen by them.”







# A NEGATIVE COMMAND



# MATTHEW 6:16

“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.”



# A POSITIVE COMMAND



# MATTHEW 6:17

“But when you fast, anoint your head and wash your face....”



# MATTHEW 6:18a

“...that your fasting may not be seen by others  
but by your Father who is in secret.”



# A PROMISE



# MATTHEW 6:18b

“And your Father who sees in secret will reward you.”





# MATTHEW 5:6

“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.”





# QUESTIONS ABOUT FASTING



1. DOES THE BIBLE COMMAND THAT WE FAST?

2. WHAT IS FASTING?

3. WHY FAST?

4. WHAT KINDS OF FAST ARE THERE?

5. ARE THERE NEXT STEPS FOR US?



**DOES THE BIBLE  
COMMAND THAT  
WE FAST?**



# LEVITICUS 16:29-30

“And it shall be a statute to you forever that in the seventh month, on the tenth day of the month, you shall afflict yourself and shall do no work, either the native or the stranger who sojourns among you. For on this day shall atonement be made for you to cleanse you. You shall be clean before the LORD from all your sins....”





# WHAT IS FASTING?





*“Christian fasting is a believer’s voluntary abstinence from food for spiritual purposes.”*

DONALD WHITNEY



*“To make the matter complete, we would add that fasting, if we conceive of it truly, must not only be confined to the question of food and drink; fasting should really be made to include abstinence from anything which is legitimate in and of itself for the sake of some special spiritual purpose.”*

MARTYN LLOYD-JONES



**WHY FAST?**



*“We fast to nourish our hunger for God and to reduce our hunger for the world. We ought to fast because our physical appetites are so intense that they threaten to overwhelm our hunger for God.”*

JOHN PIPER



*“The greatest enemy of the hunger of God is not poison but apple pie. It is not the banquet of the wicked that dulls our appetite for heaven, but the mindless nibbling at the table of the world.”*

JOHN PIPER



*“The greatest adversary of love to God is not his enemies but his gifts. And the most deadly appetites are...for the simple pleasures of the earth. For when these replace an appetite for God himself, the idolatry is scarcely recognizable, and almost incurable.”*

JOHN PIPER



# MATTHEW 5:6

“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.”



**WHAT TYPES OF  
FASTS ARE THERE?**





# WHAT TYPES OF FASTS ARE THERE?

1. A Normal Fast
2. A Partial Fast
3. An Absolute Fast
4. A Supernatural Fast



# ACTS 9:9

...for three days he was without sight, and neither ate nor drank.



# WHAT TYPES OF FASTS ARE THERE?

1. A Normal Fast
2. A Partial Fast
3. An Absolute Fast
4. A Supernatural Fast



# SCOPES OF VARIOUS FASTS...

1. A Private Fast
2. A Congregational Fast
3. A National Fast
4. An Occasional Fast



**NEXT STEPS?**



*“Without a clear biblical purpose, fasting becomes an end in itself. Every hunger pang only makes you calculate the time remaining until you can eat. Such thinking disconnects the experience in your mind and heart from the gospel and descends into the deception that perhaps your suffering will earn God’s favor.”*

DONALD WHITNEY



*“Fasting does not change God’s hearing so much as it changes our praying.”*

DONALD WHITNEY



# JOEL 2:12

“Yet even now, declares the LORD, return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments.....”





*“Seeking God in the fast should be more important to us than what we seek from God through the fast.”*

DONALD WHITNEY



# MATTHEW 6:17-18

“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.”



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