

Not For the Crowd Pt. 4

Matthew 6:16-18

Pastor Nathan

Today we're getting into part 4 a new series called "Not for the Crowd" ... This is a journey through part of Jesus' sermon on the mount where He presses us to ask the question:

Who are we really living for?

In a world obsessed with visibility, applause, likes, shares, and platform...

- ...Jesus invites us into something radically different.

...He calls us away from the spotlight and into the "secret place" ...

- ...the place where motives matter more than appearances, and where the Father sees what no one else can.

Last time Jesus talked about ways that we can develop our closeness with God...

- ... and he started by talking about prayer and how we can talk to God...
 - Today Jesus takes this a step further by talking about the practical application of fasting

Matthew 6:16-18 - *"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. ¹⁷ But you, when you fast, anoint your head and wash your face, ¹⁸ so 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."*

- **FASTING IS ABOUT FOCUS, NOT FOOD**

Fasting is the intentional choice to make room for God.

- **TRAINS US TO SAY "NO" TO THE FLESH**

Romans 8:2 – *"For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death."*

1 Corinthians 9:27 - *“... I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.”*

2 Corinthians 5:17 (NLT) *“This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”*

Galatians 5:16 – *“... Walk in the Spirit, and you shall not fulfill the lust of the flesh.”*

- **FASTING IS FOR GOD’S GLORY, NOT OUR IMAGE**

This is important, because if we only serve God to be praised by people then we're not serving Him...we're just putting on a show...

HOW DO WE APPLY THIS TO MONDAY MORNING...?