



Aug. 2025 Fast  
Matt. 9:14-15  
August 3, 2025  
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## I. Intro

### A. Text: **Matt. 9:14-15**

<sup>14</sup> *Then the disciples of John came to Him, saying, "Why do we and the Pharisees fast often, but Your disciples do not fast?"* <sup>15</sup> *And Jesus said to them, "Can the 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. (Matt. 9:14-15)*

### B. Context

1. Disciples of John were upset.
  - a. We fast. Even Pharisees fast.
  - b. John the Baptist's very life was a fast.
  - c. John didn't have a house in the city of Jerusalem.
2. John's Disciples no doubt lived just as John did (a fasted lifestyle).
  - a. They probably walked up and saw Jesus' disciples experiencing joy, delight, and fullness.
    - i. While John's disciples were experiencing weakness, leanness, and a longing for more.
  - b. John's disciples were upset at the difference.

<sup>14</sup> *Then the disciples of John came to Him, saying, "Why do we and the Pharisees fast often, but Your disciples do not fast?" (Matt. 9:14)*

- c. Jesus used the scenario to teach perhaps the greatest teaching on fasting in all of the Bible.

## II. Body

<sup>15</sup> *And Jesus said to them, "Can the friends of the **bridegroom** mourn as long as the bridegroom is with them? (Matt. 9:15a)*

### A. Jesus is the Bridegroom God and King

1. Jesus was stating emphatically that He is the Bridegroom.

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- a. **Isaiah 54:5:** *“For your Maker is your Husband, The Lord of hosts is His name; And your Redeemer is the Holy One of Israel; He is called the God of this earth”.*
  - b. **Jer. 2:2:** *The LORD gave me another message. He said, <sup>2</sup> “Go and shout this message to Jerusalem. This is what the LORD says: “I remember how eager you were to please me as a young bride long ago, how you loved me and followed me even through the barren wilderness.*
  - c. **Hosea 2:14-16:** <sup>14</sup> *“Therefore, behold, I will allure her, Will bring her into the wilderness, And speak comfort to her... <sup>16</sup> “And it shall be, in that day,” Says the LORD, “That you will call Me ‘My Husband,’ And no longer call Me ‘My Master,’”*
2. Wedding feasts required seven days of festivity; one was not permitted to fast or engage in other acts of mourning or difficult labor during a wedding feast.
    - a. Jesus was making an analogy about the similar inappropriateness of fasting while the Bridegroom was in attendance. Craig S. Keener, *The IVP Bible Background Commentary: New Testament*
    - b. It was completely inappropriate to spend the days in His presence, NOT rejoicing.
    - c. But there would be a season between His first coming and the final wedding feast.
      - i. In that time, the Groom would be temporarily removed from His Bride.
      - ii. That temporary separation between the Bride and her groom is the time to fast/mourn.
    - d. Fasting ⇒ Mourning

#### B. We Are His Bride

<sup>15</sup> *And Jesus said to them, “Can the 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. (Matt. 9:15)*

1. All who put their faith/trust in Christ are a part of His corporate Bride.

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2. **First Advent**: Jesus came the first time to meet and pay the dowry for His Bride.
    - a. He paid for her freedom with His own blood.
    - b. He paid the ultimate price to have her.
  3. **Ascension**: The Bridegroom will be taken away.
    - a. Subtle hint towards the death, burial, resurrection, and ascension of Jesus.
    - b. Jesus was beaten and slaughtered to buy His Bride back to Himself.
    - c. Ascended to sit at the right hand of the Father.
  4. **2<sup>nd</sup> Coming**: But He promised to come again... for her.
    - a. It's a promise.
    - b. The Bridegroom is coming back to rescue His Bride forever. (**Jn. 14:1-3**)
    - c. All who are a part of His Bride look forward to that day...

C. Fasting ⇒ Holy Dissatisfaction

<sup>15</sup> *And Jesus said to them, "Can the 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. (Matt. 9:15)*

1. Fasting ⇒ Mourning
  - a. A Bridegroom-centered fasting is a cry that we refuse to settle for lesser pleasures than the pleasures found in Him.
2. Fasting from the Bridegroom perspective says, *"I experience You in pockets... But this body seems to get in the way."*
  - a. *"The more I experience You, the more I want You."*
  - b. The Difference Between the Promise and the Present Situation is almost unbearable.
  - c. We mourn that there is still injustice in the land.
  - d. If only You would come. If only you would hasten Your return.

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3. Fasting is God's method of producing and reproducing a Holy hunger for the Bridegroom God to show up again... now.
    - a. We were created by God with a space that only Jesus can fill.
    - b. In that place, we ache for God.

*<sup>1</sup> How lovely is Your tabernacle, O LORD of hosts! <sup>2</sup> My soul longs, yes, even faints for the courts of the LORD; My heart and my flesh cry out for the living God... <sup>10</sup> For a day in Your courts is better than a thousand. (Ps. 84:1-2, 10a)*

- c. Tragedy: Mankind tries to stifle this ache for God with a thousand other things, people, places.
- d. Fasting removes all the pretty props and exposes the true state of our weakness.

### III. Conclusion

- A. **Warning**: A fasted lifestyle is at complete odds with our flesh.
  1. Our flesh would call it a waste.
  2. John the Baptist lived a fasted lifestyle and folks thought he was out of his mind.
    - a. **Matt. 11:18**: *For John came neither eating nor drinking, and they say, 'He has a demon'.*
- B. **Encouragement**: Fasting (from a Bridegroom Perspective) ⇒ Wholehearted Desire/Delight
  1. We serve a God of delight, a God of passion, and a God of magnificent emotions.
    - a. God's love is NOT passive or distant.
    - b. His love is an all-consuming fire.
  2. The God of fiery passions and emotions delights in us (even in our weakness).
    - a. He adores us. Loves us.
    - b. The God of fiery passions and emotions is jealous for us.
    - c. He is a God with a jealousy that burns stronger than the grave.
    - d. And He is jealous for all of us.
    - e. God wants to conquer the place in our hearts that we've given to other things, until we begin to love God with all the heart, soul and mind.

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3. When we come to grips with how wholeheartedly God loves us, it fuels wholehearted love for Him.
    - a. Fasting is the place where God decided to cultivate wholehearted desire for Him.
  4. When Jesus connected fasting to His Bridegroom identity, He connected fasting to LOVE.
    - a. And as we go deeper into the depths of this wholehearted love, we abandon lesser loves.

<sup>6</sup>Set me as a seal upon your heart, As a seal upon your arm; For love *is as* strong as death, Jealousy *as* cruel as the grave; Its flames *are* flames of fire, A most vehement flame. <sup>7</sup>Many waters cannot quench love, Nor can the floods drown it. If a man would give for love all the wealth of his house, It would be utterly despised. (**Songs 8:6-7**)