

SERIES: KINGDOM LIVING

MESSAGE: How To Do God's Will Rightly (Part 2)

TEXT: Matthew 6:1–8; 16–18

I. How Do I Fast?

A. Do Not Do This:

1. Draw attention to yourself. (v. 16)
2. Neglect your appearance.
3. Put on a show.

B. Do This:

1. Act normal.
2. Keep normal appearance.
3. Don't tell. (v. 17)

II. Why Should I Fast?

A. Humbleness before God. (Ps. 35:13)

B. Brokenness about sin. (Joel 1:13, 14; Neh. 9:1, 2; Jonah 3:5; Joel 2:12)

C. Recommitment to God. (1 Sam. 7:5–6; Exo. 34:28)

D. Seeking God's guidance. (Acts 9:9; 13:2–3; 14:23)