



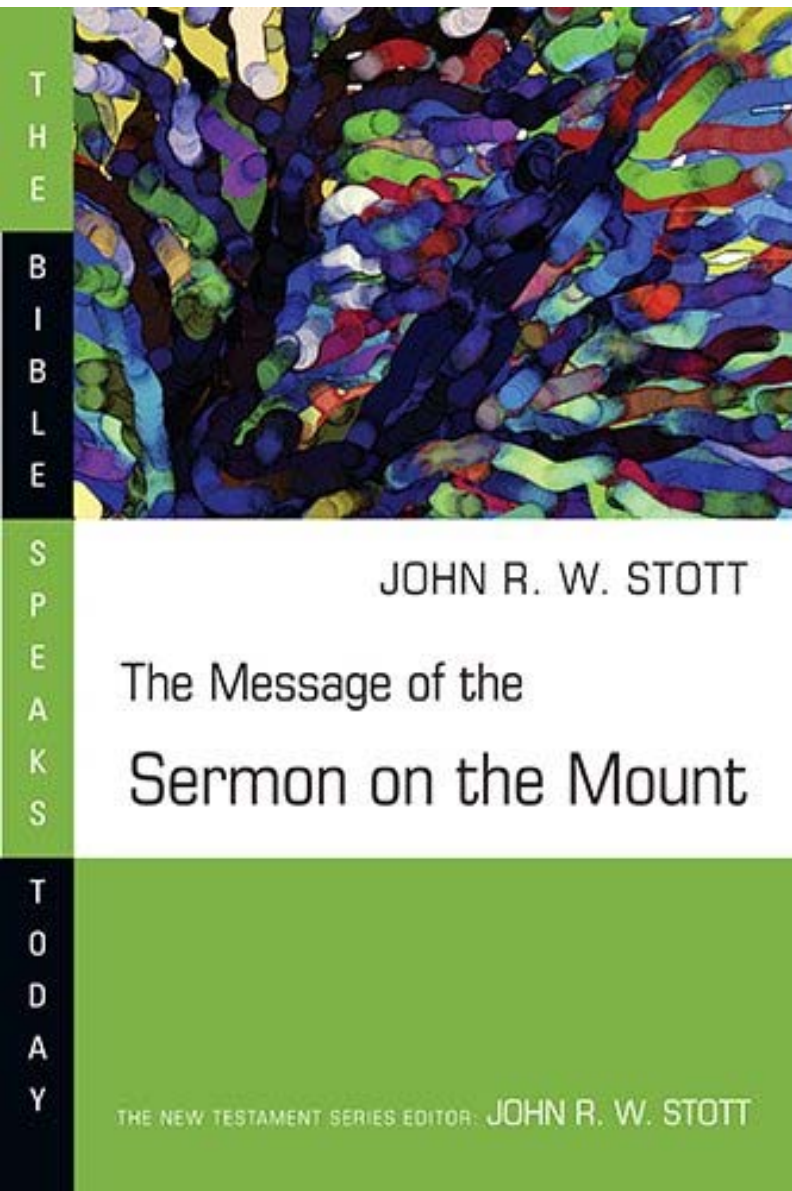
**FASTING**  
**MATTHEW 6:16-18**



Fasting is a denial of oneself certain necessary things (biblically, food) that you would partake of in the course of everyday life in order to use that time and focus to humble ourselves and declare our dependence upon God, repent of sin and ask God to move as he wills when we pray to him.







Looking back over these verses, it is evident that throughout Jesus has been contrasting to alternative kinds of piety...Pharisaic piety is ostentatious, motivated by vanity and rewarded by men. Christian piety is secret, motivated by humility and rewarded by God.



John Stott, *The Message of the Sermon on the Mount*, 139.