

Fasting for Him

Was it for Me that you fasted? ~Zechariah 7:5

The Biblical Support for Christian fasting:

>Matthew 4: Temptation of Christ

-Luke 4:14 “ And Jesus returned to Galilee in the power of the Spirit and news about Him spread through all the surrounding district. After Christ comes out from the wilderness His goes forth in the power of the Spirit!

>Matthew 6:16-18

-Whenever you fast

-this comes as the third specifically identified act of righteousness Jesus mentions in this chapter for His disciples.

-Vs 2 Whenever you give to the poor

-Vs 5 Whenever you pray

-vs 16 Whenever you fast

-Does this speak to frequency at all?

Wrong Way to Fast

-Do not put on a gloomy face as do the hypocrites, for they neglect their appearance so that they will be noticed by men when they are fasting.

-Hypocrisy is a main theme in this chapter of the sermon on the mount.

-How does their hypocrisy manifest itself in fasting?

-Truly I say to you, they have their reward in full

-What's their reward?

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-1 Co 13:3 If I give all my possessions to the feed the poor and if I surrender my body to be burned but do not have love it profits me nothing.

Right Way to fast

-But you, when you fast anoint your head and wash your face

-When you fast... Again speaking to Jesus expectations that you, disciple will fast

-Anoint your head, wash your face

-So that your fasting will not be noticed by men, but by Your Father who is in secret

-Right motive:

-And your father who sees what is done in secret will reward you

-Is it wrong to seek the Lord for reward?

-Is this fasting rewarded in the present or in eternity?

-Personal testimony:

-Quote by Charles Spurgeon on fasting "Our seasons of fasting and prayer at the tabernacle have been high days indeed; never has heavens gates stood wider; never have our hearts been nearer to the central glory."