

Beware of Fasting

Matthew 6:16-18

Key Verse:

“1 Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven.”

Main Idea: *Fasting should be in _____ of God and not the praise of _____.*

I. Improper Fasting Is _____. (v.16)

A. The Goal is to _____ others by affecting greater importance than one _____ . (v.16b)

B. The Reward is the _____ of man, not the _____. (v.16c)

II. Proper Fasting Is _____. (v.17-18a)

A. The Goal is to Fast with the clear _____ of being seen by your _____, not by men. (v.17b)

How do we obtain this Goal?

_____ redirects the heart of our fasting to the Father, not man.
Matt. 5:3 “blessed are the poor in spirit...”

Examples of Biblical Reasons to Fast:

1. _____
2. _____
3. _____
4. _____

In every scriptural account genuine fasting is linked with _____. You can pray without fasting, but you cannot _____ biblically without prayer.

B. The Reward is _____! (v.18)

“18 that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.”

The Church must be a people whose _____ depends on the pursuit of our reward, which is _____ our righteousness.