

**Matthew's Gospel "The Sermon On The Mount"**  
**"The Christian Fast"**  
**Matthew 6:16-18**  
**Part-33**

**Matt 6:16-18**

**Matt 9:14-15**

**Matt. 6:1**

- Devotion of Giving - Matt 6:1-4
- Devotion of Prayer - Matt 6:5-15
- Devotion of Fasting - Matt 6:16-18

**We will look at 3 areas in our study:**

- 1. Fasting and The Old Testament**
- 2. Fasting and The New Testament**
- 3. Fasting and What Jesus Taught**

**1. Fasting and The Old Testament:**

**Fasting** - *"to abstain as a religious exercise from food and drink: either entirely, if the fast lasted but a few days, or from customary and choice nourishment, if it continued several days."*

Daniel 9:3

Recommended book: "God's Chosen Fast" by Arthur Wallis

Lev 23:26-30

Matt. 5:3

Calamity – Esther 4:1

Trying Circumstances – 1 Sam 1:7

Broken Heart - 1 Sam 20:34

National Calamity - Judges 20:26; 1 Sam 7:6; 2 Chron  
20:3 Neh 1:4

2 Cor. 7:10

Typical Fast -

Total Fast -

Particular Fast -

## **2. Fasting and The New Testament:**

Matt 9:14; Luke 18:12

Acts 27:9

There were 2 monumental events that took place that  
were birthed out of fasting and prayer:

1. Peter Shown That God wanted the salvation of the  
Gentiles: Acts 10:9-10
2. The Church's sending out Paul and Barnabas: Acts  
13:1-3

Acts 14:23

Isaiah 58:1-12:

1-4 Man's Way:

5-7 Gods Way of Fasting:

8-12 The Blessings of The Righteous:

**Fasting** - means *"to lay aside any pleasurable and/or vital  
activity for a period of time in order to intensely pursue  
God and know His mind with the intent of obeying His  
revealed will."*

### **3. Fasting and What Jesus Taught:**

Matt 6:16

Fasting was expected: 16 "And whenever you fast". Note again 17 "But you, when you fast".

How the Religious Fasted (Show)

Why Do The Religious Fast? (Seen by men)

Matt 6:17

How should the Christian Fast?

Matt 6:18

Our fasting is personal: so that you may not be seen fasting by men, but by your Father who is in secret;

Why Does The Christian Fast?: and your Father who sees in secret will repay you.

What is the reward of fasting?: God's presence, and God revelation of His will.

#### **Application:**

##### **When should we fast?**

1. When we feel a special pull, an urge to get alone with God
2. There are times when special needs arise
3. There are times when we need to humble ourselves before God
4. There are times when we need a very special power