

Scripture: Matthew 6:16-18

I. Not So Fast(ing)

A. **Introduction to Fasting**

1. Meaning

a) Biblical meaning

(1) Abstinance from food for spiritual purposes

(a) Not a diet plan

b) Broader meaning

(1) Abstinance from a normal activity for the sake of intense spiritual activity

(a) Forgoing something to focus spiritually

2. Manner

a. Period of abstinance differs

(2) Part of a day, a day, week, 40 days

b. Particulars of fasts differ

i. No food, no food or water, only certain foods, sex

3. Master's Expectation

c) "Whenever", "but when"

(1) Jesus expects his disciples to give, to pray, and to fast

B. **Instructions for Fasting**

1. Fasting done Wrong

a) Public

(1) Feigning suffering & sacrifice

(2) For man's attention

2. Fasting done Right

a) Private

(1) Good hygiene

(2) God's audience

3. Fasting Rewarded

a) Proper fasting promised to be rewarded by God

C. **Intentions for Fasting**

1. Seeking God's Guidance

a) Intensifying Prayer

b) Interpreting God's will

2. Seeking God's Guardianship

a) Overcome Situations

b) Overcome Temptations

3. Sign of Grief

a) Over loss of loved ones

b) Over loss of close relationship with God

c) Over lost ones