

**WHAT ABOUT FASTING?**  
Jesus continues to unveil religious hypocrisy  
Matthew 6:16-18

**I. A BIBLICAL OVERVIEW OF FASTING (various passages) [SEE THE BACK SIDE](#)**

**II. JESUS UNVEILS THE RELIGIOUS ACTIONS OF A HYPOCRITE BY TEACHING ON FASTING (16-18)**

**A. Jesus teaches how not to fast (16)**

1. Do not fast for the approval of men, like the hypocrites

2. If you do... you already have your reward

**B. Jesus teaches how one should fast (17-18)**

1. When you fast to make sure it's for God alone (17-18a)

2. And God alone will repay you (18b)

**III. THE OVERALL MESSAGE OF MATTHEW 6:1-18: Beware of practicing your righteousness! !**

## **I. A BIBLICAL OVERVIEW OF FASTING**

### **A. What is biblical fasting?**

1. Fasting is a voluntary abstinence from food. (Matt 6:16)
2. Fasting is seen almost exclusively in the context of prayer. It is an act of devotion and dependence on God. (Various passages)

### **B. How not to fast: A Warning!**

1. Food is not the issue. (1Timothy 4:1-6, Gen 9:1-4)
2. Fasting is never done to earn favor or acceptance with God. (Rom 15:7)
3. Fasting is not a hunger strike used to manipulate God, Twist His Arm or make God hear us better. (John 15)
4. Fasting does not make us more spiritual or protect us from the flesh (Col 2:18-23)
5. Fasting is never done for the approval of men (Matthew 6:16-18)

### **C. Biblical reasons for fasting**

1. Fasting is seen in Scripture in times of great grief or mourning. (Various passages)
2. Fasting is seen in Scripture during times seeking God's deliverance and/or protection (2Chron. 20:1-4, Esther 4:15-17)
3. Fasting is seen in Scripture in the context of repentance and confession of sin. An expression of humility (Daniel 9:2-4, Jonah 3)
4. Fasting is seen in Scripture during times seeking God's guidance. (Acts 14:3)