

We turn now to the 3rd aspect or characteristic of our Christian lives, in which we are ACT or BEHAVE or CONDUCT ourselves "inconspicuously"; or as the Lord Jesus says, when you do these things, do them "IN SECRET".

When you do alms, or acts of righteousness; good deeds, (you are not to let your left hand know what your right hand is doing). You and I are NOT to be performing for the eyes on others. YES, others will see your good deeds and works, but your intention for doing them is NOT to be to be to be seen by them.

In our hearts, we are always to be doing what we DO as children of God to bring honor and glory and ATTENTION to God our Father.

NEXT: Jesus taught us HOW to pray, WHEN we pray. WHEN you PRAY you are NOT to pray to be heard by others, but you are to pray to be HEARD by your Father in heaven.

Yes, we do pray in gatherings, such as the church gathering, but we are to primarily pray to our Father in SECRET!

Tonight: Fasting!

Matthew 6:16-18: Read ~ Explain:

Jesus said, "Moreover, WHEN YOU FAST" teaching us that fasting ought to be something that each of us do as children of God. But WHY? And what does it mean to fast? Generally speaking, it means to abstain from physical food for a time for spiritual reasons or to give ourselves to prayer for a specific urgent or pressing reason.

2 Samuel 12:15-23, Nehemiah 1:2-9, Esther 3:9-15, 4:1-5, 10-17

Note that there were not "planned fasts", but were extemporaneous times in which the saints of God were led to fast and pray for specific reasons!

But this the OT, are we to STILL fast now in our day? In NT times and under the New Covenant? *Matthew 9:10-15*

It is clear from the scriptures that fasting is STILL a Biblical concept that ought to be practiced by each of us a Christians: Our text: WHEN ye fast!

The Lord Jesus fasted for 40 days when he was tempted of the devil, no doubt that was the reason He fasted and prayed.

Cornelius's fasted and prayed:

But what was it that he was asking God? *Acts 10:1-8, 19-22*

But what was Cornelius' question to the Lord? What was he asking God for as he fasted and prayed? *Acts 10:28-33, 11:11-14*

Fasting and prayers offered up before Paul and Barnabas sent to preach the gospel. *Acts 13:1-3, 14:23, 2 Corinthians 6:5, 11:27.*

So we see that the scriptures point to specific reasons that the saints fasted and prayed.

This was not something imposed on the saints as a discipline that they were forced to undertake on certain days and at certain times of the year, (like Lent for the Catholics). These Lent abstaining's are not Holy Spirit led, and MOST, if not all who participate in Lent have no real heart to do what they're doing. And....I never hear them connect this Lent "fasting" with prayer. Luke 18:10-12

But as we see from the scriptures, the saints of God were led to times of fasting and prayer by the Spirit of God.

Matthew 6:16-18