

Sermon on the Mount Review:

- I. Blessings of Kingdom Citizen (5:1-12)
- II. Illustrations of Kingdom Citizens (5:13-16).
- III. The Law of Kingdom Citizens (5:17-20).
 - A. The King's Relationship to the Law (vv. 17-18).
 - B. The Citizen's Relationship to the Law (vv. 19-20).
 - C. The Kingdom's Surpassing Laws (vv. 21-48).
 1. "No Laws" Prohibitions from the Heart:
 - a) Example: Prohibition of Sinful Anger, Not Just Murder.
 - b) Example: Prohibition of lust and not just adultery (27-30)
 - c) Example: Prohibition of Divorce (31-32).
 - d) Example: Prohibition of Vows (33-36)
 - e) Example: Prohibition of Revenge (vv. 37-48).
 2. "Yes Laws" Religious Exercises from the Heart:
 - a) Giving (vv. 1-4).
 - b) Praying (vv. 5-15).
 - c) Fasting (vv. 16-18).

Christ's Kingdom and Fasting Matthew 6:16–18

- I. The right activity with the wrong heart motive (v. 16a).

A. Right Activity - Fasting

¹⁶"Whenever you fast,

1. Instances of Fasting:

Old Testament

- Fasting was commanded in the _____ - Day of Atonement (Leviticus 16:29-33).
- People fasted in conjunction with prayer signifying _____ and sorrow for sin (Judges 20:26; 1 Samuel 7; Nehemiah 1:4; 9:1; Jeremiah 36:6, 9; Daniel 9; Joel 1:14; 2:12, 15; Jonah 3:5).
- People fasted in conjunction with prayer to seek the Lord in times of great _____ (2 Samuel 12:22; Psalm 35, 69, 109; 2 Samuel 1:12; 2 Chronicles 20:1).
- People fasted in conjunction with prayer to seek the Lord before attempting a new _____ (Ezra 8:21-23; Esther 4).
- People fasted as an outward ritual with no heart to seek the Lord (1 Kings 21:9-12; Isaiah 58).

New Testament

- Jesus fasted (Matthew 4).
- Jesus said that His _____ would fast (Matthew 9:14-15).
- Jesus pairs fasting with prayer as a part of praying for God's intervention in " _____ " (Matthew 17:21).

- The early church leadership fasted while seeking the Lord (Acts 13:2; 14:23).
- We do not find instruction about fasting in the Epistles.

2. Definition of Fasting

Fasting is refraining from _____ to spend more concentrated time and effort to _____ the _____ in _____ .

3. Dangers of Fasting

- Seeking the Lord in prayer is not _____ the Lord's _____ .
- Seeking the Lord must always be done. Fasting is not always done.
- Seeking the Lord is not seeking man's _____ .

B. Wrong Motive - Fasting for the Fame

¹⁶“Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full.

1. The _____ of the Heart

2. The _____ of the Heart

II. The Right Activity with the Right Heart Motive (v. 16b).

¹⁷“But you, when you fast, anoint your head and wash your face ¹⁸so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you.

A. Right Activity - Fasting

B. Right Motive - Fasting Before the Father

Principle 1: The Purpose of Fasting - Seeking The

Principle 2: The Father _____

Principle 3: The Father _____

