



**“Fasting to Be Seen by Others”**  
Matthew 6:16-18

I. Using the Jewish practices of alms, prayer, and now fasting, Jesus has been addressing the tendency to do religious activities in such a way as to make a favorable \_\_\_\_\_ for yourself in the eyes of others (6:1-2, 5, 16).

II. What is \_\_\_\_\_ and what is a Christian perspective on fasting?

*Leviticus 16:29; Zechariah 8:19; Daniel 10:2-3; Psalm 35:12-15;  
Matthew 9:14-17; Acts 13:2-3; 14:23*

III. As with the other aforementioned religious practices, when you fast, it should not be done for \_\_\_\_\_ consumption but as a \_\_\_\_\_ matter between you and God (6:17-18).