

**Summary of Matthew 6:1-18 – Public Religious Life**

Expectation of engagement – “...when you...” (6:2a; 6:5a; 6:16a)

Hypocrisy harangued – “... the hypocrites...” (6:2b; 6:5b; 6:16b)

Motive matters – “... but when...” (6:3; 6:6a; 6:17)

Reward of secrecy – “... may be in secret...” (6:4; 6:6b; 6:18)

*Key principal: Practice spiritual disciplines for God’s audience not others*

**Fast Facts on Fasting**

One commanded fast in the OT – The Day of Atonement (Leviticus 16:29-31)

Fasting in the Bible often accompanied grief or sorrowful penitence

By the time of the NT, fasting practiced by Pharisees twice weekly

Jesus fasted occasionally, yet enemies noticed infrequency (Mt. 9:14-17)

Fasting is spoken of in the NT, but not by way of command

**Understanding Fasting**

Abstaining from food for spiritual purposes

Several types of fasts mentioned in the Bible

- Normal fast: Abstaining from all food but not water (Matthew 4:1-2)
- Partial fast: Restriction of diet but not total abstinence (Daniel 10:3)
- Absolute fast: Abstinence from all food and water for a short time (Acts 9:9)
- Corporate fasts: Fasting with others for spiritual purposes (Ezra 8:21-23)

**The Purpose of Fasting**

Fasting must forever center on God

Fasting reveals the things that control us

Fasting reminds us we “... shall not live by bread alone”

Fasting helps us keep our balance in life

**Summary of Matthew 6:1-18 – Public Religious Life**

\_\_\_\_\_ of \_\_\_\_\_ – “...when you...” (6:2a; 6:5a; 6:16a)

Hypocrisy \_\_\_\_\_ – “... the hypocrites...” (6:2b; 6:5b; 6:16b)

\_\_\_\_\_ \_\_\_\_\_ – “... but when...” (6:3; 6:6a; 6:17)

\_\_\_\_\_ of \_\_\_\_\_ – “... may be in secret...” (6:4; 6:6b; 6:18)

*Key principal: Practice spiritual disciplines for God’s audience not others*

**Fast Facts on Fasting**

One \_\_\_\_\_ fast in the OT – The Day of Atonement (Leviticus 16:29-31)

Fasting in the Bible often accompanied \_\_\_\_\_ or \_\_\_\_\_

By the time of the NT, fasting practiced by Pharisees twice weekly

Jesus fasted \_\_\_\_\_, yet enemies noticed \_\_\_\_\_ (Mt. 9:14-17)

Fasting is \_\_\_\_\_ of in the NT, but not by way of \_\_\_\_\_

**Understanding Fasting**

\_\_\_\_\_ from \_\_\_\_\_ for \_\_\_\_\_ purposes

Several types of fasts mentioned in the Bible

- \_\_\_\_\_ fast: Abstaining from all food but not water (Matthew 4:1-2)
- \_\_\_\_\_ fast: Restriction of diet but not total abstinence (Daniel 10:3)
- \_\_\_\_\_ fast: Abstinence from all food and water for a short time (Acts 9:9)
- \_\_\_\_\_ fasts: Fasting with others for spiritual purposes (Ezra 8:21-23)

**The Purpose of Fasting**

Fasting must forever \_\_\_\_\_

Fasting \_\_\_\_\_ the things that \_\_\_\_\_

Fasting reminds us we “... shall not live by \_\_\_\_\_”

Fasting helps us keep our \_\_\_\_\_