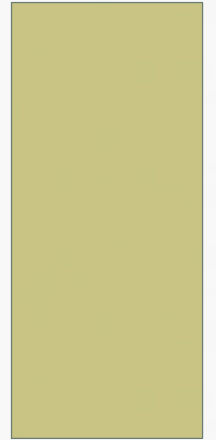




# MATTHEW 6

SERMON ON THE MOUNT



# INTRODUCTION

- **6:1-4 Giving to the Needy**
- **6:5-14 Prayer**
- **6:16-18 Fasting**
- **6:19-24 Treasures in Heaven**
- **6:25-34 Do Not Worry**



# **FASTING 6:16-18**

- **Jewish background**
- **Hypocrites practice of fasting**
- **But when you fast**
- **Purpose and result**
- **Fasting in the rest of the New Testament**

# **HYPOCRITES PRACTICE**

- **Downcast in countenance**
- **Disfigure their appearance**
- **So that they might appear**
- **Fasting to men**
- **Notice the purpose and the empty ritual**

# **JEWISH BACKGROUND**

- **Old Testament background**
- **Second Temple period**
- **Fasting laws & customs**
- **Purpose & conception of fasting**
- **Classification of fasts**
- **Private fasts**

# BUT WHEN YOU FAST

- *But* whenever you fast
- Adversative “but”—contrast and contradistinction
- Do not be like
- Anoint your head and wash your face—private care of self so that not showing off fasting

# **PURPOSE AND RESULT**

- **Father [is] in secret, or**
- **Father [sees] in secret**
- **The One seeing in secret**
- **Will reward you [openly]**
- **Notice private practice, and  
reward of the Father**

# FASTING IN REST OF NEW TESTAMENT

- Jesus answered, “How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.
- **Luke 2:37**--and then was a widow until she was eighty-four. She never left the temple but worshiped night and day, fasting and praying.



# FASTING IN REST OF NEW TESTAMENT

- **Matthew 4:2**
- After fasting forty days and forty nights, he was hungry.
- **Matthew 9:14, 15**
- [ *Jesus Questioned About Fasting* ] Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?"

# FASTING IN REST OF NEW TESTAMENT

- **Luke 18:12**
- I fast twice a week  
and give a tenth of all I  
get.'

# IN THE EARLY CHURCH

- **Acts 13:2**--While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them."
- **Acts 13:3**--So after they had fasted and prayed, they placed their hands on them and sent them

## IN THE EARLY CHURCH & LATER

- **Acts 14:23**--Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust.
- After book of Acts, practice of fasting disappears from the church's story.
- In Early church fathers of 2<sup>nd</sup> century mentioned almost 40 times! So, the practice continued.

# DIDACHE CA. 125 A.D.

- **VIII.1**—Let not your fasts be with the hypocrites, for they fast on Mondays and Thursdays, but you are to fast on Wednesdays and Fridays.
- **VII.4** —And before the baptism, let the baptizer and him who is to be baptized fast, and any others who are able. And thou shalt bid him who is to be baptized to fast one or two days before.

# TWO WAYS – DEATH OR LIFE

- **1.3**—“Now, the teaching of these words is this: Bless those that curse you, and pray for your enemies, and fast for those that persecute you.”