

# “Father-Centered Fasting”

## Matthew 6:16-18

Pastor Andrew Jun

*Let's fast for our Father in heaven to see us and to reward us.*

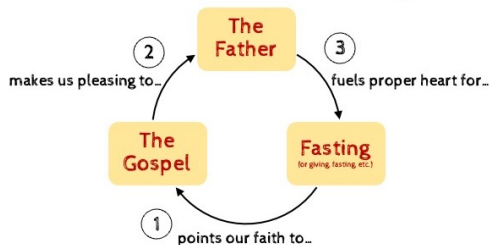
### I. The Wrong Way to Fast (v. 16)

- What were the reasons people fasted in the Bible?** 16a: *And when you fast...*
  - Inward fasting to express repentance (example: Nehemiah 9)
  - Outward fasting to grieve hard providences (Psalm 69)
  - Forward fasting to seek God's will and favor (Esther 4)
- How and why did people fast the “wrong” way?** 16b: *...do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others.*
- What are the results of fasting in this way?** 16c: *Truly, I say to you, they have received their reward.*

### II. The Right Way to Fast (vv. 17-18)

- What way are Jesus' disciples supposed to fast?** 17-18a: *But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret.*
- How can Jesus' disciples fast in this “right” way?** 17-18a: *But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret.* See also John 1:1-12.

#### Father-Centered Fasting



- Why do Jesus' disciples fast (with what motive)?** 18c: *And your Father, who sees in secret will reward you.*

#### → Life Application:

- 1) Incorporate regular, Father-centered fasting into your life.
- 2) Fast with the church during the One Desire Fast (9-22 January).