

# Not So Fast

Matthew 6:16-18

**Introduction:** In Jesus' day, the Jews lived with religious fasting as a part of their life and culture. By contrast, to those of us who live in a very prosperous culture where the number one cultural virtue is to love one's own self first - the whole idea of 'fasting' and 'self-denial' seems like a very strange thing. We wonder why anyone would want to engage in such a practice. Let's listen to what Jesus said and change our lives to His teaching, not our culture.

**What is a fast?** Fasting is voluntarily abstaining from food for the purpose of coming before God in prayer.

**Why fast?** The primary purpose of fasting is to humble yourself before the Lord.

**For what purposes should God's people fast?**

**What does fasting do for us?**

**How should you appear to others when you fast? (Matthew 6:17-18; Isaiah 58)**

## **What can fasting accomplish? (Isaiah 58:6-12)**

### **Seven promises of blessing for those who fast.**

1.

2.

3.

4.

5.

6.

7.

### **Conclusion:**