

Matthew 22 – Fasting

Matthew 6:16-18

Fallen Condition Focus (FCF): We don't realize how precious the things of the world have become to us until we give them up.

Point 1: Fasting reminds you of your spiritual need

- A hungry body will be much more obvious to our senses than a hungry soul
- The Bible talks of feeding ourselves on spiritual bread
 - **Deuteronomy 8:3** man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD
 - **John 6:35** I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.
- Bible also speaks of feeding our spiritual hunger by doing God's will
 - **John 4:31-34** the disciples were urging him, saying, "Rabbi, eat." ³² But he said to them, "I have food to eat that you do not know about." ³³ So the disciples said to one another, "Has anyone brought him something to eat?" ³⁴ Jesus said to them, "My food is to do the will of him who sent me and to accomplish his work.
- Spiritual need is to get God's Word and do His will
- Fasting opens our eyes to our own dysfunction and skewed sense of reality

Point 2: Fasting is about giving something up in order to increase your devotion to God

- Story David's Mighty Men
- Story of Rich Young Ruler
- Story of Abraham and Isaac
- Are there things in your life where you have said to God, "This is mine. Back off."?

Point 3, We give to God because of what he gave to us

- Mount Moriah site of the temple in Jerusalem
- Abraham was willing to give his son to God, but God gave His for us, his enemies
- When we fast we are responding to and reflecting what He has already done for us