

Non-publicized Self-denial

Matthew 6:16-18

(series #36)

Introduction: the danger of instant gratification

I. The Jewish Practice of Fasting v. 16a

- A. The three kinds of fasting in Bible times
 - 1. Partial fast
 - 2. Non-feasting fast
 - 3. Total fasting

- B. Some examples of fasting
 - 1. Associated with mourning - Matt. 9:14-15
 - 2. Associated with serious responsibility
 - a. Before Jesus' ministry
- Matthew 4:2
 - b. Before elders were appointed
- Acts 14:23
 - 3. Associated with the Day of Atonement

II. The Appearance of Fasting vv. 16b-17

- A. Not to be seen by men

- B. They have their reward (vv. 1, 2, 4, 5)

III. The Proper Audience of Fasting v. 18

- A. "your Father who is in secret"

- B. He will reward you

Conclusion: Motives are very important to our Lord.

- A. Matthew 10:42

- B. 1st Corinthians 4:5