



MATTHEW

*THE LIFE AND
TEACHING OF
JESUS*

A SUNDAY MORNING SERIES



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TEACHING OF
JESUS*

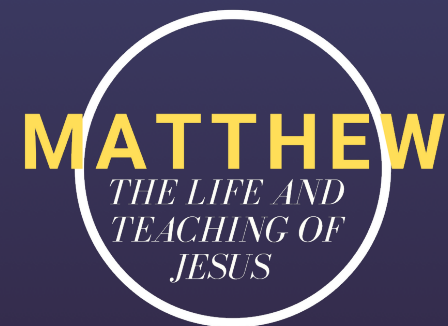
WHEN YOU FAST

October 25, 2020

Casey Moss

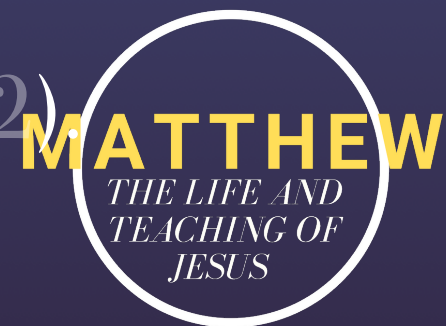
Three Primary Arenas of Everyday Life

1. public religious life (6:1–18),
2. personal interior life (6:19–34),
3. interpersonal relational life (7:1–12).



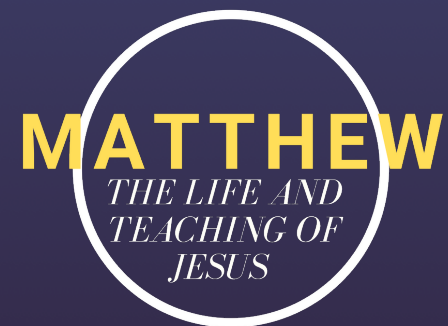
Three Examples of Jewish Piety

1. public religious life
 - a. giving to the needy (6:2–4)
 - b. praying (6:5–15)
 - c. fasting (6:16–18)
2. personal interior life (6:19–34),
3. interpersonal relational life (7:1–12)



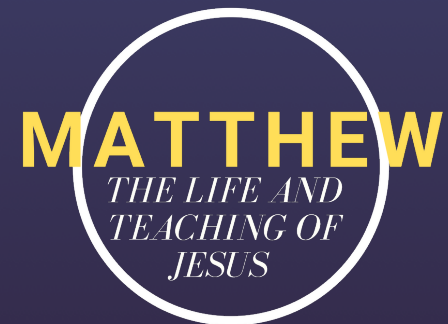
Matthew 6:16-18

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full.



Matthew 6:16-18

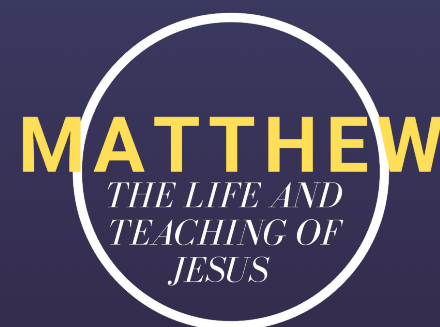
“But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”



νηστεύω

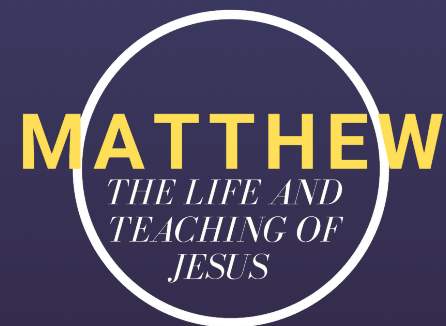
Nesteuo (G3522) : *from ne- = not + esthío = to eat*

Fast: *“to abstain from food for a certain length of time, consisted of abstinence from food to express dependence on God and submission to His will.”*



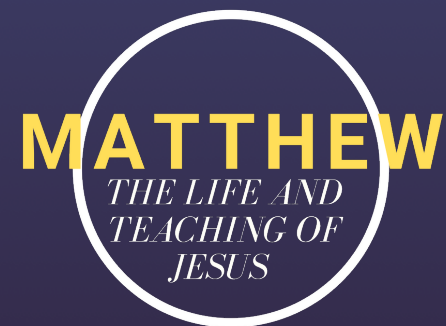
*“Prayer is the one hand with which we grasp the invisible;
fasting, the other with which we let loose and cast away the
visible.”*

Andrew Murray



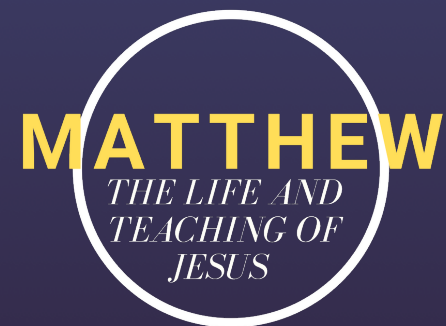
“Do you fast? Give me proof of it by your works. If you see a poor man, take pity on him. If you see a friend being honored, do not envy him. Do not let only your mouth fast, but also the eye and the ear and the feet and the hands all the members of our bodies.

John Chrysostom



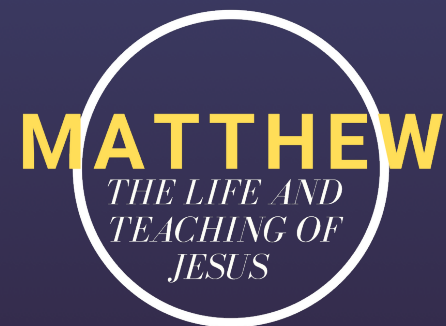
Let the hands fast, by being free of avarice. Let the feet fast, by ceasing to run after sin. Let the eyes fast, by disciplining them not to glare at that which is sinful. Let the ear fast, by not listening to evil talk and gossip. Let the mouth fast from foul words and unjust criticism.

John Chrysostom



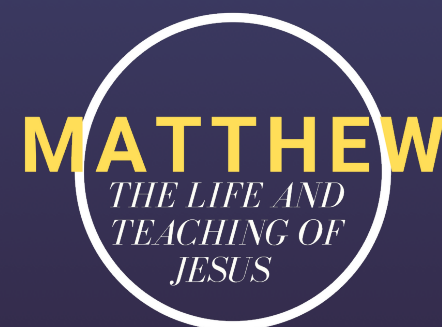
For what good is it if we abstain from birds and fishes, but bite and devour brothers? May HE who came to the world to save sinners strengthen us to complete the fast with humility, have mercy on us and save us.”

John Chrysostom



“If religion requires us sometimes to fast and deny our natural appetites, it is to lessen that struggle and war that is in our nature; it is to render our bodies fitter instruments of purity, and more obedient to the good motions of divine grace; it is to dry up the springs of our passions that war against the soul, to cool the flame of our blood, and render the mind more capable of divine meditations.

William Law



So that although these abstinences give some pain to the body, yet they so lessen the power of bodily appetites and passions, and so increase our taste of spiritual joys, that even these severities of religion, when practiced with discretion, add much to the comfortable enjoyment of our lives.”

William Law

