

3. Fasting

¹⁶"And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward.

¹⁷But when you fast, anoint your head and wash your face, ¹⁸that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you. (ESV)

What it was and was not about!

Conclusion – Father!

Matthew - The War Between Good and Evil

Matthew 5-7 – Alternative Lifestyle

Matthew 6:1-18 – Alternative Religion

Intro – “Hypocrites!”

So far ...

Summary

Hypocrisy

¹"Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven.

3 Religious Practices:

Pattern

1 Giving to Needy

² "Thus, when you give to the needy, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may be praised by others. Truly, I say to you, they have received their reward.

³ But when you give to the needy, do not let your left hand know what your right hand is doing, ⁴so that your giving may be in secret. And your Father who sees in secret will reward you.

2 Prayer

⁵ "And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward.

⁶ But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

Pagan Prayer

Meaningless

Quantity

Manipulation

Mysticism

Christian Prayer

Father

God's Rule

God's Provision

God's forgiveness

God's Protection

Forgiveness!

⁷ "And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words.

⁸ Do not be like them, for your Father knows what you need before you ask him. ⁹ Pray then like this:

"Our Father in heaven,
hallowed be your name.

¹⁰ Your kingdom come,
your will be done,
on earth as it is in heaven.

¹¹ Give us this day our daily bread,

¹² and forgive us our debts, as we
also have forgiven our debtors.

¹³ And lead us not into temptation,
but deliver us from evil.

¹⁴ For if you forgive others their
trespasses, your heavenly Father will
also forgive you, ¹⁵ but if you do not
forgive others their trespasses,
neither will your Father forgive your
trespasses.