

January 08, 2017

Series: Personal Space

Sermon Title: *Fasting*

Key Verse:

Matthew 6:16-18 (NRSV)

¹⁶“And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. ¹⁷But when you fast, put oil on your head and wash your face, ¹⁸so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

The Key:

Choosing God's Good over Tastes Good

TO GROW over show

Matthew 6:16 (NRSV) ¹⁶“And *WHENEVER YOU FAST, DO NOT LOOK DISMAL*, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward.

Matthew 4:4 (NRSV) ⁴But he answered, “It is written, ‘One *DOES NOT LIVE BY BREAD ALONE*, but by every word that comes from the mouth of God.’”

Acts 13:3 (NRSV) ³Then *AFTER FASTING* and *PRAYING* they laid their hands on them and sent them off.

The Mission of Clearbranch UMC is
to **ENGAGE** people through relational ministry,
to **EQUIP** disciples for Christ and
to **EMPLOY** their gifts through missions.

Exodus 34:28 (NRSV) ²⁸He was there with the Lord *FORTY* days and *FORTY* nights; *HE NEITHER ATE BREAD NOR DRANK WATER*. And he wrote on the tablets the words of the covenant, the ten commandments.

TO REPENT over restrain

Matthew 6:17 (NRSV) ¹⁷But *WHEN YOU FAST*, put oil on your head and wash your face,

Joel 2:12 (NRSV) ¹²Yet even now, says the Lord, return to me with all your heart, with *FASTING*, with weeping, and with mourning;

Psalm 69:10 (NRSV) ¹⁰When I humbled my soul with *FASTING*, they insulted me for doing so.

TO MEET over eat

Matthew 6:18 (NRSV) ¹⁸so that your fasting may be seen not by others but by your *FATHER WHO IS IN SECRET; AND YOUR FATHER WHO SEES IN SECRET WILL REWARD YOU*.

Matthew 6:6 (NRSV) ⁶But whenever 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*.

Challenge Questions:

How will you fast over the next 14 days?

What are you asking God to help you overcome in 2017?

Will you commit to "Year through the New Testament" study with Clearbranch in 2017?

How will you depend on God in 2017?

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