

“AUTHENTICITY IN SPIRITUAL EXERCISE”

Matthew 6:16-18

Main Idea: God is looking for authenticity in our spiritual exercises.

Intro: Conspicuous religiosity.

Play-actors

The fast of which God approves

Secret

Authentic

Extra Material on Biblical Fasting:

Typical times to observe a fast:

Suffering under God's judgment (Joel 1:14; 2:12)

Public calamities (II Sam 1:12)

Afflictions (Lk. 5:33-35; Psa. 35:13; Dan. 6:18; II Sam. 12:16)

Impending danger (Esther 4:16)

Fast accompanied by:

Prayer (Ezra 8:23; Dan. 9:3)

Confession of sin (I Sam. 7:6; Neh. 9:1-2)

Mourning (Joel 2:12)

Humiliation (Deut. 9:18; Neh. 9:1)