

THE BIBLICAL BASIC FOR FASTING

Matthew 6:6-18

WITHOUT HYPOCRISY

- Jesus doesn't tell us to fast, rather He assumes that we will be fasting.
- Fasting is not something we parade before people.
- Jesus says, anoint your head, wash your face. Don't let people see that you are going without food - don't get sympathy or praise from them.
- We fast before the Lord, not before our fellow brothers and sisters.

Matthew 9:14-15

TIED TO LOSS

- Jesus links fasting with mourning, with sorrow, with pain, with need and loss.
- Fasting, throughout the Old Testament and even New Testament was always tied to some level of sorrow or anxiety.
- One Day of Fasting: The Israelites would fast and seek the face of the Lord to forgive them of their sins during Yom Kippur (the Day of Atonement).
- Christians natural instinct should be that when something happens that we care very deeply about we dedicate ourselves to prayer and fasting in order to seek the mercy and kindness of God.
- Fasting comes naturally when we care enough. Sometimes we simply fail to care about the things that are happening around us.

'The prayer of a Christian is not an attempt to force God's hand, but a humble acknowledgement of helplessness and dependence. When we are on our knees, we know that it is not we who control the world; it is not in our power, therefore, to supply our own needs by our own independent efforts; every good thing that we desire for ourselves and for others must be sought from God, and will come, if it comes at all, as a gift from His good hand.'

- J.I. Packer



NOTES:

This Week's Scripture to Memorize:

Philippians 3:7-9

⁷ But whatever gain I had, I counted as loss for the sake of Christ. ⁸ Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ ⁹ and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith -

ARE YOU NEW HERE?

WELCOME TO LIFE MISSION!

We'd love for you to **fill out a Connection Card** so we can welcome you and answer any questions you may have. You can drop it in the offering basket during the service or take it to one of our teammates at the **Connection Booth** outside. Feel free to grab some coffee and snacks in the courtyard and hang out. We hope you'll **join us next Sunday** and consider making us your church family.

WHAT ABOUT THE KIDS?

Our childrens' ministry, which we call **Kids on Mission**, has classes for **newborns - 5th grade**. We have a great team of volunteers who have all been screened with background checks for extra security. Each week your child will get to **worship** with their class, followed by an **age-appropriate lesson** that points them towards Jesus and helps root them in the Word of God.

Visit our website to read more about the vision of Kids on Mission and a walkthrough of our curriculum. If you have any questions, email **Amber Willis at amber@lifemission.tv**

JUNIOR HIGH & HIGH SCHOOL

Our **6th - 8th graders** begin each Sunday by **worshipping with the adults** and then head to their classroom with their teacher and classmates for the rest of service. Visit our website to read more about our junior high ministry and a walkthrough of our curriculum.

Our **9th-12th graders stay in the service** with the adults because we believe that it is crucial for them to not "graduate the faith" when they graduate high school.

For more information about our Junior High & High School ministries, email **Tyler Willis at tyler@lifemission.tv**.

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COMMUNITY GROUP HOMEWORK

Before your group starts, is there anyone who can share the **Memory Verse**?

Have you ever fasted over anything? If so, what was it like, why did you fast?
OR have you ever heard of a story of someone who fasted, and God showed up
to answer their prayer? _____

Read **Matthew 6:16-18**. What is going on in this passage? Do you think Jesus
directs us to fast in this passage? _____

What is Jesus warning us against? How can this temptation to show off our good
deeds infiltrate our lives? Read **Isaiah 58:3-7**: how were the Israelites doing this
wrong? _____

(Staying in **Matthew 6**) What is the direction that Jesus gives to Christians when
they fast? How will doing it in secret be beneficial? _____

Read **Matthew 9:14-15**. What is happening in this passage? What does Jesus
closely tie fasting with? Why was fasting unnecessary when Jesus was with them?

Since we live in the time where the Bridegroom has been taken away, is Jesus
expecting that we will fast? What are some things that would cause us to fast?

Read **Joel 1:11-14; Joel 2:12; Ezra 8:21-23; Nehemiah 1:1-4; Psalm 35:11-14;**
2 Samuel 1:12; 2 Samuel 3:31-35; 2 Samuel 12:15-16; Daniel 9:3-5; Acts 13:2-4;
Acts 14:23; Esther 4:16 (You don't have to do all of these, but choose at least one
from every book). How do these examples help us to understand what fasting is in
the Bible? What kind of events prompt us towards fasting? _____

Does fasting work all the time? What should we keep in mind when we fast? _____

What are some of the reasons we don't fast? What things ought to break our
hearts but often don't? _____

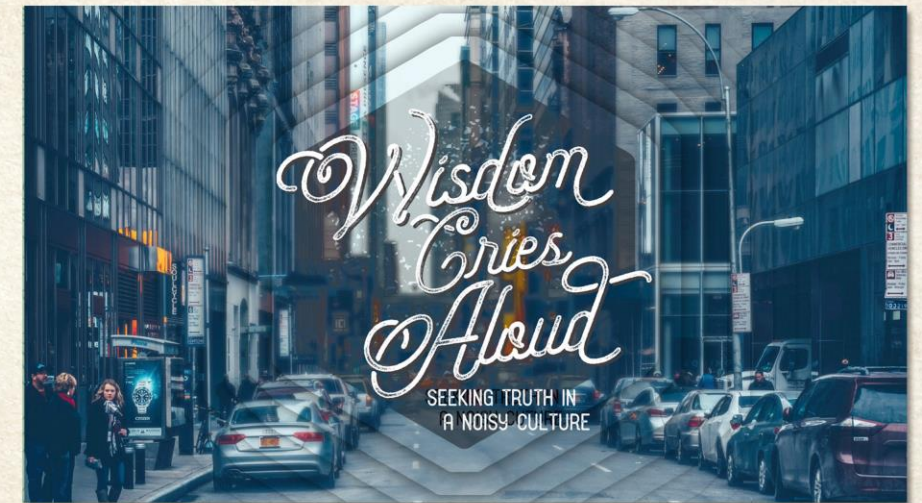
How can we make room in our lives for fasting for these things? _____



LIFE MISSION

CHURCH

MAKING DISCIPLES WHO MAKE DISCIPLES LOCALLY AND GLOBALLY,
WHO ARE SAVED, EQUIPPED, AND SENT BY THE GOSPEL.



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Matthew 6:6-18 // August 12, 2018

SUNDAYS AT 10AM

Life Mission Church Meets at Classical Academy High School
207 E Pennsylvania Ave, Escondido 92025

GET TO KNOW MORE ABOUT US ONLINE

LIFEMISSIONCHURCH.COM

