

SERMON NOTES – 5.26.19

SERMON SERIES: Sermon On The Mount

SERMON TITLE: A Hunger For God

"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. But when you fast, anoint your head and wash your face, that 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." Matthew 6:16-18

1. An Expectation of Christian Fasting

"Then the disciples of John came to him, saying, 'Why do we and the Pharisees fast, but your disciples do not fast?' and Jesus said to them, 'Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them and, then they will fast'." Matthew 9:14-15

2. The Purposes of Christian Fasting

- Seeking God's guidance (Judges 20:26, Acts 14:23)
- Expressing Grief (1 Samuel 31:13, 2 Samuel 1:11-12)
- Seeking deliverance or protection (2 Chronicles 20:3-4; Ezra 8:21-23)
- Expressing repentance and returning to God (1 Samuel 7:6; Jonah 3:5-8)
- Humbling oneself before God (1 Kings 21:27-29; Psalm 35:13)
- Expressing concern for the work of God (Nehemiah 1:3-4; Daniel 9:3)
- Ministering to the needs of others (Isaiah 58:3-7)
- Overcoming temptation and dedicating yourself to God (Matthew 4:1-11)
- Expressing love and worship to God (Luke 2:47)

Donald Whitney, Spiritual Disciplines for the Christian Life

3. Our Motivation for Christian Fasting

"Fasting had become a device for having people look at them, talk about them, admire them, and say in astonishment: 'Oh what wonderful saints these people are! They do not live like the other, ordinary people. They go around in gray coats with their heads hanging down and a sour, pale expression on their faces. If such people do not get to heaven, what will become of the rest of us.'"

Martin Luther, *Sermon On The Mount*