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## "Prayer and Fasting" (Onward Series - Ep. I)

Matthew 6:5-18

Prayer and Fasting remind us of who we are and who we are to be ruled by.

### 1. Prayer & Fasting are \_\_\_\_...

#### a. Signs of Holiness (Matthew 6:5-6, 16-18)

"And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you."

#### Matthew 6:5-6

- Prayer is meant for you and God and not for other people.

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you." **Matthew 6:16-18**

- Some Jews would present themselves as distraught and broken on Market Days to present holier than others – Jesus is teaching directly against this.

#### b. Salvation by Works

### 2. Fasting is Mastering the Body for \_\_\_\_\_ (1 Corinthians 6:12-13, 1920)

"'I have the right to do anything,' you say—but not everything is beneficial. 'I have the right to do anything'—but I will not be mastered by anything. You say, 'Food for the stomach and the stomach for food, and God will destroy them both.' The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body." **1 Corinthians 6:12-13**

- Food is good, Pleasures are good, but they are not meant to rule – We are to rule our body and become masters of pleasure.

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"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

#### 1 Corinthians 6:19-20

- Honour God with your Body – We **eat to live**, and we **live to praise God**.
  - o Some of us may live to eat.

### 3. Prayer and Fasting Teaches \_\_\_\_\_ (Matthew 6:9b-13)

"Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one." **Matthew 6:9b-13**

- Notice the pattern of Prayer – First half is about God then it is about us
  - o Prayer is about God. **Prayer is an aligning of wills.**
  - o Fasting reminds you who you are.

This time of fasting that we are going to step into as a church is not a chance for you to try keto for the first time, or to finally cut out sugars – It is a time for you to recognize **you need the King to do the work of the kingdom.**

It is a time for us to take a seat and **let the King be King.**

All scripture is from the New International Version unless otherwise note.

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Matthew 6:5-18

Prayer and Fasting remind us of who we are and who we are to be ruled by.

### 1. Prayer & Fasting are not...

#### a. Signs of Holiness (Matthew 6:5-6, 16-18)

"And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you."

**Matthew 6:5-6**

- Prayer is meant for you and God and not for other people.

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you." **Matthew 6:16-18**

- Some Jews would present themselves as distraught and broken on Market Days to present holier than others – Jesus is teaching directly against this.

#### b. Salvation by Works

### 2. Fasting is Mastering the Body for Spiritual Strength (1 Corinthians 6:12-13, 1920)

"'I have the right to do anything,' you say—but not everything is beneficial. 'I have the right to do anything'—but I will not be mastered by anything. You say, 'Food for the stomach and the stomach for food, and God will destroy them both.' The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body." **1 Corinthians 6:12-13**

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"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

### **1 Corinthians 6:19-20**

- Honour God with your Body – We **eat to live**, and we **live to praise God**.
  - Some of us may live to eat.

### 3. Prayer and Fasting Teaches Humility (Matthew 6:9b-13)

"Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one." **Matthew 6:9b-13**

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