

## *Why Don't We Fast!*

(Matthew 6:16-18)

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Ambassador Bible Church

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### *Matthew 6*

<sup>16</sup> "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full.

<sup>17</sup> But when you fast, put oil on your head and wash your face,

<sup>18</sup> so that it will not be obvious to men 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.

### **I. WHEN WE FAST.**

## II. WHY WE FAST.

## Sermon Reflection and Application

Nowhere in the Bible does God command us to fast. However, fasting with prayer is a weapon against spiritual apathy and atrophy. Would you prayerfully consider fasting next Friday, April 10<sup>th</sup> for the day, for a meal, or more?

We will break our fast together by taking Communion at the Good Friday Service on April 10<sup>th</sup>. During this special service, there will be an opportunity to bless the congregation by sharing what God did in your life through our joint fast. I trust that the Lord will bless you with Himself as the Bread of Life.

*Pastor Kenji*

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### WHEN TO WIELD THE WEAPON OF FASTING:

1. When the LORD reveals a **lack of hunger** for Him, His glory, His Word, and the things of God (Issue of Passion).

*1 O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water...3 Because your love is better than life, my lips will glorify you...5 My soul will be satisfied as with the richest of foods; with singing lips my mouth will praise you (Psalm 63).*

2. When you hunger **after the wrong things** over the right things – God’s kingdom vs. the World (Issue of Priority)

*But seek first His kingdom and His righteousness and all these things will be given to you as well (Matthew 6:33).*

3. When God **convicts you of sin** and you choose to mourn over it through fasting to soften your heart unto forgiveness (Issue of Purity).

*7 Submit yourselves, then, to God. Resist the devil, and he will flee from you. 8 Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. 9 Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. 10 Humble yourselves before the Lord, and he will lift you up (James 4:7-10).*

4. When your **flesh has control** over you instead of Christ (Issue of Power).

*Everything is permissible for me – but I will not be mastered by anything (1 Corinthians 6:12).*

## III. WHY DON'T WE FAST!