

**FAST UNTO THE LORD**  
**Matthew 6:16-18**

**INTRODUCTION:**

**Biblical Fasting involves prayer, and intense supplication before God – Humble and earnest request for help or mercy from God.**

- **“Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward” (Matthew 6:16).**

**In this message, we will study: (1) The Wrong Motive for Fasting, and (2) The Right Motive for Fasting:**

**I. THE WRONG MOTIVE FOR FASTING (v. 16)**

**A. The hypocrites disfigures their faces to show people they were fasting in attempts to look holy.**

**B. Fasting as a Hypocrite is Wrong – It is Displeasing to God (v. 18; Isa 29:13; Matt 15:8; 2 Tim 3:5; Luke 18:9-14; Matt 6:12, 10-14).**

**C. Fasting with the Wrong Motive Has its Own Reward (Ps 49:17; 1 Pet 1:24)**

**II. THE RIGHT MOTIVE FOR FASTING (vv. 17-18)**

**A. “Anoint thy Head” (v. 17a; Luke 7:46; John 12:3)**

**B. “Wash thy Face” (v. 17b)**

**C. Fast Unto God in Secret (v. 18; Matt 6:1, 5, 16; Heb 6:10; 1 Thess 1:3)**

**D. Examples of Fasting in the Bible (2 Sam 12:16; Dan 9:3; Esther 4:15-16; Neh 1:4; Matt 4:1-2; Luke 4:1-2; Acts 13:1-3; Acts 14:23)**

**E. Application**

**CONCLUSION:**

**A. A Fasting Story**

**B. “Prayer is the one hand with which we grasp the invisible. Fasting is the other hand, the one with which we let go of visible” – (Andrew Murray).**

- **Use prayer and fasting to draw you closer to God.**

**C. Romans Road (Rom 3:10, 23; 5:8; 10:9, 13)**

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May 18, 2025**

**“... the word of our God shall stand for ever” (Isa 40:8).**