

# WHEN YOU FAST – 3

## JANUARY 16, 2019

### **MATTHEW 6:16-18**

1. Fasting is an aid in expressing humility before God.
  - A. **EZRA 8:21 (ESV), PSALMS 35:13, 1 KINGS 21:29** – Fasting was used to express humility by Ezra, David and Ahab.
2. Fasting involves the heart.
  - A. **JOEL 2:12-13, JONAH 3:4-10, DANIEL 9:3-5**  
Fasting includes mourning, grieving, seeking, praying, repenting and afflicting the soul.
  - B. **PSALMS 51:17** – Fasting is an outward sign of an inward condition and an aid in expressing it.  
Fasting has no virtue in itself, just as the water has no virtue in baptism.
3. Fasting can lead to pride.
  - A. **LUKE 18:10-4** – The humble Publican was heard, not the prideful Pharisee who fasted. Jesus addressed this in **MATTHEW 6**.
4. God requires humility.
  - A. **1 PETER 5:5-6, JAMES 4:5-10** – It's our responsibility.
  - B. **MATTHEW 18:1-4, 23:11-12** – It promotes greatness.
  - C. **2 CHRONICLES 7:14** – Fasting is an expression of humility.

**CONCLUSION:** The reason God responds to fasting is that He responds to humility. If done properly, it's an expression of humility. God gives grace to the humble.