

Matt. 6:16-18

- I. Neg: Fasting done for the sake of publicity and image is not pleasing to God (16)
 - A. Be careful not to fast for the sake of publicity and image (16a-c)
 - 1. When you fast (16a)
 - 2. Don't fast for public acclamation, like hypocrites (16b-c)
 - a Do not be those who look gloomy and sullen (16b)
 - b As the hypocrites do (16c)
 - B. The hypocrites fast for the worthless reward of public acclaim (16d-g)
 - 1. They do it for publicity and glory (16d-e)
 - a For they distort the appearance of their faces (16d)
 - b Purpose: in order that they may appear to people to be fasting (16e)
 - 2. I emphasize that this is all the reward they will get (16f-g)
 - a I am saying to you truly (16f)
 - b They have fully received their reward (16g)
- II. Pos: Do your fasting in God's sight, for His reward, which is eternal (17-18)
 - A. Don't fast for public acclaim, but to please God (17-18b)
 - 1. But when fasting (17a)
 - 2. Don't fast for public acclaim, but for the true reward (17b-18b)
 - a Don't show you are fasting by your appearance (17b-c)
 - 1) You, anoint your head (17b)
 - 2) And wash your face (17c)
 - b Purpose: in order that your fasting would only be seen by God (18a-b)
 - 1) Neg: In order that you would not appear to people to be fasting (18a)
 - 2) Pos: But [in order that you would be apparent] to your Father, Who is in secret (18b)
 - B. And your Father, Who is seeing in secret, will recompense/reward you (18c)