

Matthew 6 Sermon on the Mount Part Two

Review

Chapter Five covered the Beatitudes, Salt and Light: Christian Character-

1. Poor in Spirit
2. Those who mourn
3. The meek
4. Those who hunger and thirst for righteousness
5. The merciful
6. Pure in heart
7. Peacemakers
8. The persecuted
9. The Reviled

Christian Conduct Regarding

1. Anger
2. Lust
3. Divorce
4. Oaths
5. Retaliation
6. Love of Enemies

Chapter Six continues with Christian Practices and the External vs the Internal

Chapter Six focuses on our Relationship with God

Giving of Alms - Alms are money, food, or other material goods donated to people living in poverty.

- Do so privately – rewarded by God
- Do not do so publicly – praises of men
- Give alms in secret

Prayer – again the difference between public for praise of man, vs private before God

- Find a place to pray to God that is special and hopefully alone
- Father will see
- Avoid vain repetition
- Simplicity
- Sincerity

Praying the Lord's Prayer

Our Father which art in heaven, hallowed be Thy name.

- Picture Calvary and thank God you can call Him "Father" by virtue of the blood of Jesus
- Hallow the names of God corresponding with the five benefits in the New covenant and make your faith declarations

<u>Benefit</u>	<u>Name</u>	<u>Meaning</u>
Sin	Jehovah-Tsidkenu	"Jehovah our righteousness"
	Jehovah-M'Kaddesh	"Jehovah who sanctifies"
Spirit	Jehovah-Shalom	"Jehovah is peace"
	Jehovah-Shammah	"Jehovah is there"
Soundness	Jehovah-Rophe	"Jehovah heals"
Success	Jehovah-Jereh	"Jehovah's provision shall be seen"
Security	Jehovah-Nissi	"Jehovah my banner"
	Jehovah-Rohi	"Jehovah my shepherd"

Thy kingdom come, Thy will be done.

- Yourself
- Your family (mate, children, other family members)
- Your church (pastor, leadership, faithfulness of people, harvest)
- Nation (city, state and national political and spiritual leaders, harvest)

Give us this day our daily bread.

- Be in the will of God (prayer life, church, work habits, obedience in giving)
- Believe it is God's will to prosper you
- Be specific
- Be tenacious

And forgive us our debts as we forgive our debtors.

- Ask god to forgive you
- Forgive and release others
- Set your will to forgive those who sin against you

And lead us not into temptation, but deliver us from evil.

- Put on the whole armor of God (put on the Lord Jesus Christ)
 - Loins girded with **truth**
 - Breastplate of **righteousness**
 - Feet shod with the **preparation** (readiness) of the Gospel of **peace**
 - Shield of **faith**
 - Helmet of **salvation**
 - Sword of the Spirit, which is the **Word of God**
- Pray a hedge of protection (you are my refuge, my fortress, my God)
 - Because thou hast made the Lord thy habitation
 - Because he hath set his love upon me
 - Because he hath known My name

For Thine is the kingdom, and the power, and the glory, forever

- Make your faith declarations

Return to praise

Matthew 6: 14 – 15 – Key point about forgiveness.

Fasting – again the internal vs. the external

Treasure – eternal vs. temporal – the heart is the key

The Eye – Key insight to your life – Satan's portals is the eye, God's is the ear

Two Masters – can't serve but one.

Matthew Six – Part Two

Verses 16-34

Fasting – again the internal vs. the external

Treasure – eternal vs. temporal – the heart is the key

The Eye – Key insight - Satan's portals is the eye, God's is the ear

Two Masters – can't serve but one.

Anxiety – Your heavenly Father Knows

When to Fast

- **When Facing the Judgment of God**

Consecrate a fast; call a solemn assembly. Gather the elders and all the inhabitants of the land to the house of the LORD your God, and cry out to the LORD. Joel 1:14 (ESV)

Yet even now," declares the LORD, "return to me with all your heart, with fasting, with weeping, and with mourning. Joel 2:12 (ESV)

Nicodemus said to him, "How can a man be born when he is old? Can he enter a second time into his mother's womb and be born?" Jesus answered, "Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God." John 3:4-5 (ESV)

- **During Periods of National Mourning**

And they mourned and wept and fasted until evening for Saul and for Jonathan his son and for the people of the LORD and for the house of Israel, because they had fallen by the sword. 2 Samuel 1:12 (ESV)

But when all Jabesh-gilead heard all that the Philistines had done to Saul, all the valiant men arose and took away the body of Saul and the bodies of his sons, and brought them to Jabesh. And they buried their bones under the oak in Jabesh and fasted seven days. 1 Chronicles 10:11-12

- **When waiting for the return of Christ**

And Jesus said to them, "Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast. Matthew 9:15 (ESV)

And Jesus said to them, "Can the wedding guests fast while the bridegroom is with them? As long as they have the bridegroom with them, they cannot fast." Mark 2:19 (ESV)

- **When Concerned for the Welfare of Others**

But I, when they were sick—I wore sackcloth; I afflicted myself with fasting; I prayed with head bowed on my chest. Psalm 35:13 (ESV)

- **When Challenged by Personal Concerns**

And the LORD afflicted the child that Uriah's wife bore to David, and he became sick. David therefore sought God on behalf of the child. And David fasted and went in and lay all night on the ground. And the elders of his house stood beside him, to raise him from the ground, but he would not, nor did he eat food with them. 2 Samuel 12:15-17 (ESV)

Then his servants said to him, "What is this thing that you have done? You fasted and wept for the child while he was alive; but when the child died, you arose and ate food." He said, "While the child was still alive, I fasted and wept, for I said, 'Who knows whether the LORD will be gracious to me, that the child may live?' But now he is dead. Why should I fast? Can I bring him back again? I shall go to him, but he will not return to me."...

2 Samuel 12:21-23 (ESV)

- **When Facing Danger**

Then Esther told them to reply to Mordecai, "Go, gather all the Jews to be found in Susa, and hold a fast on my behalf, and do not eat or drink for three days, night or day. I and my young women will also fast as you do. Then I will go to the king, though it is against the law, and if I perish, I perish."

Esther 4:15-16 (ESV)

- **When Ordaining Ministers to the Gospel**

While they were worshipping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." 3Then after fasting and praying they laid their hands on them and sent them off. Acts 13:2-3 (ESV)

And when they had appointed elders for them in every church, with prayer and fasting they committed them to the Lord in whom they had believed. Acts 14:23 (ESV)

- **Preparation for Ministry**

And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry.

Luke 4:1-2 (ESV)

Fasting

What is Fasting?

Fasting is simply abstaining from food. There are **THIRTY-FIVE** fasts recorded in the Bible with individuals or groups of people. Biblical fasts are rigorous denying the body of all food and juices and having only water.

Fasting and Prayer

These two simply go together. When fasting is mentioned it is always in the context of prayer and seeking God's face. The prayer life of the saint is strengthened by fasting.

How Long Do You Fast?

Fasting varies in length from one day to as many as forty: Moses, Joshua, Elijah and Jesus all fasted forty days. Daniel fasted 21 days, Paul fasted 14 days, and all the rest fall into the following categories: seven days, three days, and one day. Several times scripture mentions people fasting and no length is given. There is **NO** prescribed time given in scripture for fasting.

Reasons for Fasting

- Humbling the human soul and flesh *Ps 35:13*
- Increasing faith to cast our demons *Matt 17:14-21*
- Chastens the soul *Ps 69:10*
- Manifests earnestness before God, excluding all else *I Cor 7:5*
- Crucifies the appetites of the flesh, denying them to give devotion to prayer alone
2 Sam. 12:16-23; Matt 4:1-11
- Shows obedience and rests the digestive system *Matt 6:16-18; 9:15*
- In overcoming temptation and unbelief *Mt 4:1-11; 17:14-21*
- Help in time of trouble *Joel 1:14ff*
- Public disaster *I Sam 31:11-13*
- Grief *II Sam 12:16*
- National repentance *Joel 2:12-16; I Sam 7:5-6*
- Sad news *Neh 1:4*
- Approaching danger *Esther 4:16*
- Answers from God in prayer *Daniel 10:3-13; Dan 6:18-20*

Fasting is Often Accompanied With

- Repentance *Daniel 9:3ff; Joel 1:14; Joel 2:12ff*
- Confession *Nehemiah 9:1-2*
- Mourning *Joel 2:12*
- Humiliation *Nehemiah 9:1*

Not for Show

- No public display or drawing attention for man's approval (*Matt 6:16-1*)

Fasting and Direction/Answers from the Lord

Often in scripture we find that the Lord gives specific **ANSWERS** to prayer or speaks very clearly as a result of fasting. In *Acts 13: 2* we see the saints in Antioch ministering to the Lord in fasting and prayer. Here they receive divine instruction and set apart Paul and Barnabas for the first missionary journey. In *Daniel 10:3-13*, Daniel perseveres for 21 days while waiting for an answer to prayer. The angel Michael comes forth and gives Daniel understanding and revelation for the future. Paul fasted three days while blind waiting for God to speak to him.

Fasting and You

It is expected that all followers of Jesus exercise the discipline of fasting as a **NORMAL** and regular part of the faith journey. Although there are no set rules regarding this discipline on how long or how often, it is clear that fasting was a regular occurrence in the life of the early church and has a strong tradition in the church throughout the ages.

Christians are specifically encouraged to fast when

- Under chastisement from the Lord
- Under judgment
- When in need
- When in danger
- When worried
- When in trouble
- When in spiritual conflict
- When desperate in prayer