

***It is important to ensure fellowship with God before the study of the Word.***  
If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness (**1 John 1:9**).

**Standing on the Promises of God - -**

**Zephaniah 1:14** Near is the great day of the LORD, near and coming very quickly; Listen, the day of the LORD!

**Matthew 6:12, 14-15**

And forgive us our debts, as we also have forgiven our debtors.

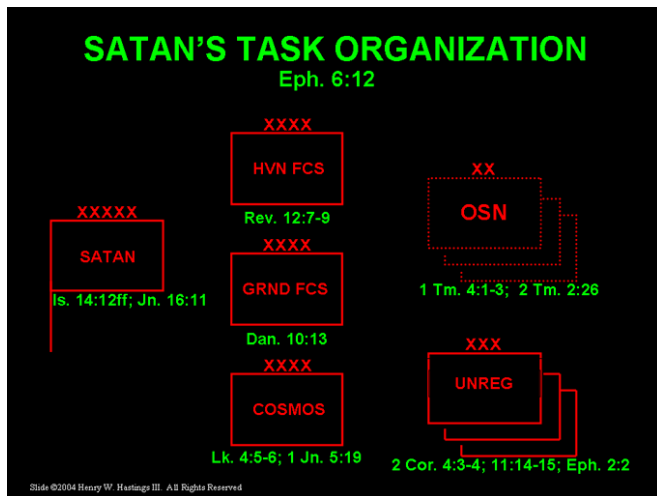
*Forgiveness is vital in the plan of God.*

- <sup>14</sup> "For if you forgive others for their transgressions, your heavenly Father will also forgive you.
- <sup>15</sup> "But if you do not forgive others, then your Father will not forgive your transgressions.

*In review - -*

POD (1) - We are commanded to forgive because an unforgiving heart produces excessive sorrow that devours the humble offender when they have been convicted of their sin (**2 Corinthians 2:6-7**).

POD (2) - Lack of forgiveness renders the humble offender easy prey for our adversary, the devil, and his TASK ORGANIZATION (**2 Corinthians 2:10-11 cf. 1 Peter 5:8; Ephesians 6:12**).



**Galatians 5:16** But I say, walk by the Spirit, and you will not carry out the desire of the flesh.

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We can do nothing apart from the power of the Spirit.

Your adversary, the devil, prowls around like a lion roaring, seeking someone to devour. **Ephesians 6:12**

POD (3) - Forgiveness begins in the throne room of grace (**2 Corinthians 2:10 cf. Matthew 6:12**).

**Matthews 6:13**

<sup>13</sup> **And lead us not into temptation, but deliver us from the evil one** [Satan].

*Satan's desire is to scheme and plot against the believer - he plans to destroy the witness of those who are living for and through Christ as they are strengthened by His Spirit.*

**Luke 22:31-32**

“Simon, Simon, behold, Satan has demanded *permission* to sift you like wheat; <sup>32</sup> but I have prayed for you, that your **faith** may not fail; and you, when once you have turned again, strengthen your brothers.”

**Your trust – your confidence!**

**Matthew 6:13**

**And lead us not into temptation, but deliver us from *the evil one*.** For Thine is the kingdom, and the power, and the glory, for ever. Amen.

Up to this point we noted that the Lord Jesus Christ was contrasting the religious or pharisaical practice of righteousness to the Orthopraxy of righteousness for a kingdom subject.

*Many believers today have Doctrine, but they fail to put that Doctrine into practice!*

The Lord covers three subject areas - -

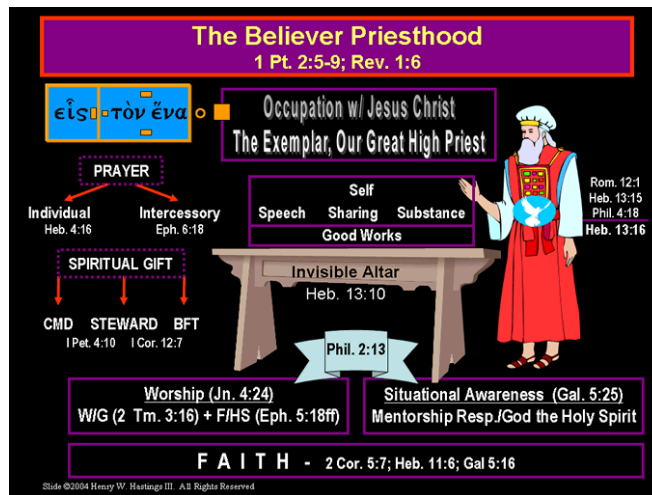
- 1. Giving (**Matthew 6:2-4**)
- 2. Praying (**vv. 5-15**)
- 3. Fasting (**vv. 16-18**)

**Bear in mind the charge of Matthew 6:1 - -**

“Beware of practicing your righteousness before men *in order* to be noticed by them. . .

- The Pharisees developed an entire system of being noticed by men.
- This self-serving display of righteousness is unacceptable to God!

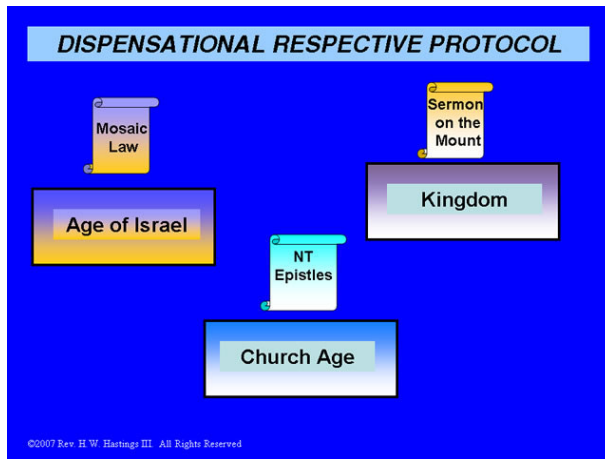
POD - The Church Age Believer [*Christian living during this Age of Grace*] should refrain from calling attention to himself in the execution of the responsibilities of his priesthood (**Matthew 6:1 cf. Ephesians 2:10; 6:18; Philippians 4:18; Romans 12:1; Hebrews 13:15, 16**).



***As training and fighting is work for the soldier, so praying is work for the Christian.***

**Matthew 6:16**

“Whenever you **fast**. . .



- The Law directly applied to those who lived during the Age of Israel.
  - The Sermon on the Mount applies directly to those who live in the Kingdom [and communicated the righteous standards of the Kingdom to the potential subjects of the Kingdom when the Kingdom was being offered].
- Was it applicable for the believer to fast in the age of Israel? Note **Leviticus 23:26-32**

### Leviticus 23:26-28

The LORD spoke to Moses, saying, <sup>27</sup> “On exactly the tenth day of this seventh month is the Day of Atonement; it shall be a holy convocation for you, and you shall **humble your souls** and present an offering by fire to the LORD. <sup>28</sup> “You shall not do any work on this same day, for it is a day of atonement, to make atonement on your behalf before the LORD your God.

“Humble your souls” - עָנָה - ANAH – “To humble, to afflict or weaken”

נֶפֶשׁ - NEPHESH – “Soul; who you are – the core of your being; the function of your will”

### How do you “humble the function of your will”?

<sup>28</sup> “You shall not do any work on this same day, for it is a day of atonement, to make atonement on your behalf before the LORD your God.

- In the Law, they were to humble themselves by fasting – ONCE A YEAR.
- The Pharisees added to this – **twice a week** – Tuesday and Thursday.
- The Law had become a **burden** and a **yoke!**
- The Word of God says - "**For My yoke is easy and My burden is light.**" **Matthew 11:30**

### Matthew 6:16-18

“Whenever you fast, do not put on a gloomy face as the hypocrites *do*, for they neglect their appearance so that they will be noticed by men when they are fasting.

Truly I say to you, they have their reward in full.

<sup>17</sup> “But you [kingdom subject], when you fast, anoint your head and wash your face <sup>18</sup> so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees *what is done* in secret will reward you.

- God rewarded those who fasted in accordance with His will *during the Age of Israel*.

### FASTING -

#### 1. During the Age of Israel (Old Testament)

## 2. During the Gospels

## 3. During the New Testament Epistles

### Fasting during the Age of Israel -

1. People fasted as a result of mourning over calamitous circumstances.

A. Military defeat (**Judges 20:26; Nehemiah 1:1-4**).

B. Death of a king (**1 Samuel 31:13; 2 Samuel 1:12**).

#### **2 Samuel 1:12**

They mourned and wept and fasted until evening for Saul and his son, Jonathan, and for the people of the LORD and the house of Israel, because they had fallen by the sword.

C. Terminal illness of a child (**2 Samuel 12:16-23**)

#### **2 Samuel 12:16-17**

David therefore inquired of God for the child; and David fasted and went and lay all night on the ground. <sup>17</sup>The elders of his household stood beside him in order to raise him up from the ground, but he was unwilling and would not eat food with them.

POB - Personal grief or sorrow was associated with fasting.

D. Personal distress of a king over the possible loss of a loyal subject (**Daniel 6:16-24**).

#### **Daniel 6:18-19**

Then the king went off to his palace and spent the night fasting, and no entertainment was brought before him; and his sleep fled from him. <sup>19</sup> Then the king arose at dawn, at the break of day, and went in haste to the lions' den.

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*All Scriptures quoted are from New American Standard unless otherwise noted.*