

## **Disciplines for the Disciple**

### **"Fasting"**

**Matthew 6:16-18**

**March 13, 2022**

Additional Passages from last week's Daily Scriptures:

Matthew 4:1-11; Daniel 1; Acts 9:1-19, 13:1-3

"Saying no to ourselves to say yes to God"

#### I. Do Not Look Gloomy (16)

- A. Hypocrites do this
- B. Fasting seen by others
- C. They received reward

#### II. Do Wash Your Face (17)

- A. Presentable demeanor
- B. Enjoyable appearance
- C. Opposite of fasting

#### III. God is Watching You (18)

- A. No need for an audience
- B. He sees the good
- C. He sees the bad

**What am I going to do tomorrow as a result of what I hear today?**

Have questions about today's message? Earl would love to talk to you! [earl@fccgwd.org](mailto:earl@fccgwd.org)

*"And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward."  
(Matthew 6:16 ESV)*

Memory Verse for March:

"Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven." (Matthew 6:1 ESV)