

Starving for Jesus
Matthew 6:16 – 18
The Laurel Center
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Main Idea: Fasting is about a deep, desperate hunger for God to move in your life.

Introduction

Fasting is a spiritual discipline that occurs in several world religions for different reasons. In Christianity, fasting is not done for our health or to make us look spiritual but to focus on God rather than food. Fasting goes the extra mile and shows God that we are serious about our need for him and recognizing that he is more important than our needs. When we fast we trust Jesus to take care of our physical needs and that we are desperate for him to move in our lives, bring renewal and revival.

Matthew 6:16

16 “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.

- I.** Fasting is not for show.
 - A Jesus expects us to hunger for God.
 - B Jesus rewards true fasting.

Matthew 6:17-18

17 But when you fast, anoint your head and wash your face, **18** that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

- II.** Fasting is a spiritual matter.
 - A Jesus expects pure inner fasting.
 - B Jesus rewards a pure heart.

Conclusion

Jesus expects us to fast on a regular basis. Fasting our food for a certain period of time allows us to focus on our relationship with Jesus and the things that matter to him and his kingdom. It allows us to seek him on a deeper level and to show him that we are desperate for his Spirit and renewal and revival in our lives and world. Jesus teaches us that fasting is not just about physical matters but about spiritual matters. We show our desperation to see him do what we need in

our world and focus our hearts on him rather than our temporal needs. Let us pass for Jesus and see him move in our world in great and powerful ways.