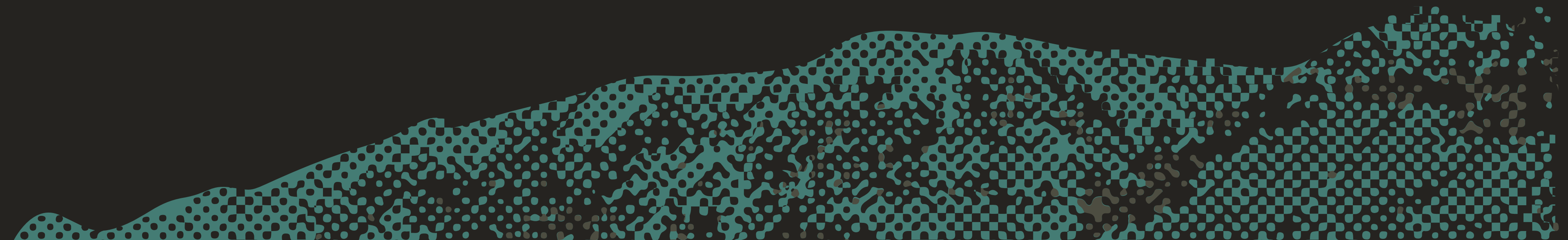


BLESS'ED

THE DEVOTION OF A FISHER OF MEN

Matthew 6:16-18

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.”

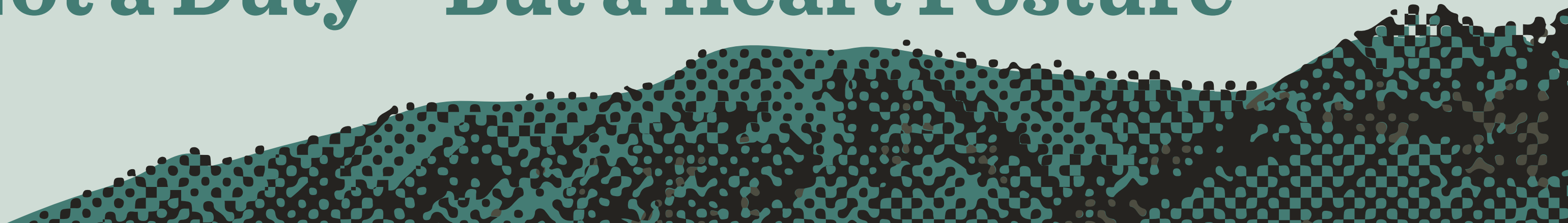


What Fasting Is NOT:

- **NOT Hunger Strike Toward God**
- **NOT Meant To Bring Attention To You**
- **NOT A Punishment**
- **NOT A Duty or a Debt**
- **NOT A Public Scene**

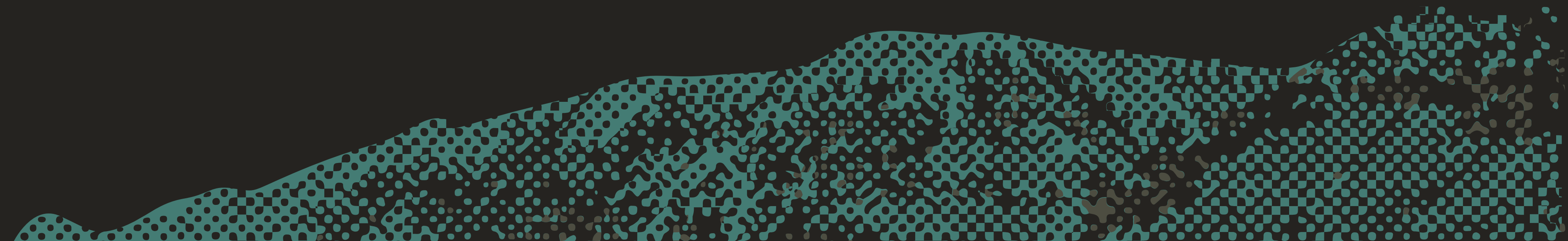


Fasting for Attention - That is the Reward...
Not a Duty – But a Heart Posture



**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.**



Types of Fasting:

- **Repentance – “Humble Heart”**
 - *King David – Confronted by Nathan – 2 Samuel 12*
- **Mourning – “Seek God”**
 - *Nehemiah – For Israel – Nehemiah 1*
- **God’s Will – “Emptying Yourself of Self”**
 - *Moses – 10 Commandments – Exodus 34*
 - *Jesus – Began Ministry – Matthew 4*

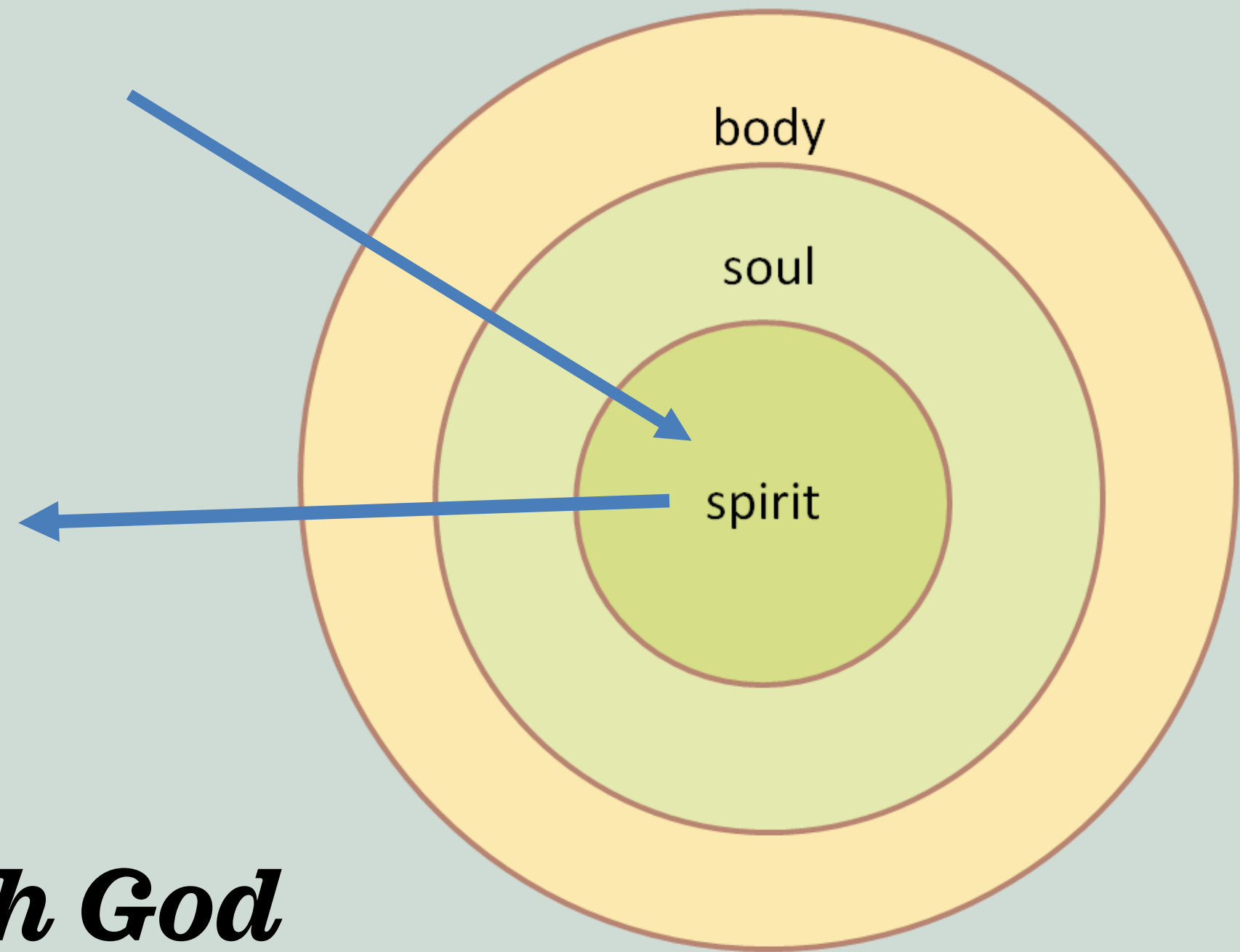


Seeking God – Instead of Ourselves



What Fasting Is:

- Reprioritize Your Life
 - *Spirit - Soul - Body*
- Refocus Your Life
 - *Christ is Source of Life*
- Recharge Your Life
 - *Deepen Relationship with God*



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Fasting to Reprioritize, Refocus, and Recharge
– Sharpens a Relationship with the Spirit

Focus of Fasting:

- **Empty Yourself of Distractions**
 - *Not simply, “doing without” but rather a conscious & disciplined focus on denying ourselves so we seek God!*
 - **Humble Yourself**
 - *It is not to just be “empty or weak” but to be filled with God and seek His strength.*
 - **Focus on Prayer**
 - *It is a tangible and powerful way to follow God completely, seek Him only, and desire His will and kingdom- instead of our own.*
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