

May 24, 2009

# Sermon on the Mount

## " More Perfectly "

Part XIV

Fasting

Matthew 6:16-18

What Jesus said about fasting then during the Gospels and now to us today through Paul!

---

### FASTING

**16:** *Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.*

- fast?
  - no food?
  - no meat?
    - MEAT
      - Food in general; any thing eaten for nourishment, either by man or beast.
        - **Genesis 1:29** - *And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.*
        - **Genesis 9:3** - *Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things.*
      - The flesh of animals used as food. This is now the more usual sense of the word.
      - In Scripture, spiritual food; that which sustains and nourishes spiritual life or holiness.
        - **John 6:55** - *For my flesh is meat indeed, and my blood is drink indeed.*
      - Spiritual comfort; that which delights the soul.
        - **John 4:34** - *Jesus saith unto them, My meat is to do the will of him that sent me, and to finish his work.*
      - Products of the earth proper for food.
        - **Habakkuk 3:17** - *Although the fig tree shall not blossom, neither shall fruit be in the vines; the labour of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and there shall be no herd in the stalls:*
      - The tougher doctrines of the gospel and of life during the Tribulation.
        - **Hebrews 5:13,14** - *For every one that useth milk is unskilful in the word of righteousness: for he is a babe. But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.*

- The look of a fasting hypocrite:
    - sad countenance
    - disfigure their face
    - they 'appear' unto men to fast
    - they have their reward
    - they have their pride
      - i.e. the Pharisee and publican
        - **Luke 18:10-14** - *Two men went up into the temple to pray; the one a Pharisee, and the other a publican. The Pharisee stood and prayed thus with himself, God, I thank thee, that I am not as other men are, extortioners, unjust, adulterers, or even as this publican. I fast twice in the week, I give tithes of all that I possess.*
        - *And the publican, standing afar off, would not lift up so much as his eyes unto heaven, but smote upon his breast, saying, God be merciful to me a sinner. I tell you, this man went down to his house justified rather than the other: for every one that exalteth himself shall be abased; and he that humbleth himself shall be exalted.*
- Ever seen that look in 'Christians' today?
  - sad countenance
  - disfigure their face
    - their Christian life appears to be a gigantic fast
    - 'appear' unto men to 'serving God' and 'obeying God,' etc.
      - *Can't do this - can't do that!*
      - *Can't go here - can't go there!*
      - *Can't wear this - can't wear that!!*
      - *Can't listen to this - can't listen to that!*
      - *Can't buy this - can't buy that!*
      - *Can't watch this - can't watch that!*
      - *Can't play this - can't play that!*
      - *Can't read this - can't read that!*
      - *It's hot! But I guess I just have to stay hot!*
      - *I'm lonely!*
      - *This looks fun, but I guess I can't have fun!*
      - *I can't find a fun job, I have to stay home with the kids!*
      - *I must have kids!*
      - *I must obey him, but man, you don't know how hard that is - he is so wrong!*
      - *I 'have' to go to work!*
      - *I can't stay home with the wife and kids!*
      - *I must provide for the needs of my wife and kids - but what about mine?*
      - *I can't do what I want!*
      - *I look frumpy in this stupid looking dress!*
      - *This is so long - this is so high - this is so thick - this is so hot!*
      - *Nobody else looks like this... even other Christians!*
      - *I am a man - what do i have to hide - I hate dressing like this!*
      - *Yes, we go to church, but just too often!*

- *The services are so long!*
- *HE is so long!*
- *All we do in our church is sing a few hymns and then he teaches and preaches forever!*
- *We don't have any activities at our church like everyone else does!*
- *Sure, we are learning great stuff, I guess - but so what - has it done any good for anyone else - it sure hasn't fixed my life?*
- *Ya, right!!!*
  - *Isn't the love of Jesus something wonderful!*
  - *There is sunshine, blessed sunshine, when the peaceful happy moments roll!*
  - *I've found a friend, oh, such a friend!*
  - *Redeemed how I love to proclaim it!*
  - *I have a song I love to sing, since I have been redeemed!*
  - *I will glory in my Saviour's name!*
  - *Jesus is all the world to me, My life, my joy, my all*
    - *He is my strength from day to day, without him I would fall!*
  - *O what a wonderful, wonderful day - day I will never forget!*
  - *I am happy today and sun shines bright, the clouds have been rolled away.*
  - *I love to tell the story of unseen things above!*
    - *It satisfies my longings as nothing else can do!*
  - *No place is so dear to my childhood, as the little brown church in the vale.*
  - *Faith is the victory that overcomes the world!*
  - *Living for Jesus a life that is true; striving to please Him in all that I do.*
  - *Heavenly sunlight, heavenly sunlight, flooding my soul with glory divine...*
    - *I am rejoicing, singing his praises, Jesus is mine!*
- what will be their reward?
  - **I Corinthians 3:14-15**
- Not much of a testimony, either!
  - **I Thessalonians 1:6-9** - *And ye became followers of us, and of the Lord, having received the word in much affliction, with joy of the Holy Ghost: So that ye were ensamples to all that believe in Macedonia and Achaia. For from you sounded out the word of the Lord not only in Macedonia and Achaia, but also in every place your faith to God-ward is spread abroad; so that we need not to speak any thing. For they themselves shew of us what manner of entering in we had unto you, and how ye turned to God from idols to serve the living and true God;*
  - **Philemon 4-7** - *I thank my God, making mention of thee always in my prayers, Hearing of thy love and faith, which thou hast toward the Lord Jesus, and toward all saints; That the communication of thy faith may become effectual by the acknowledging of every good thing which is in you in*

*Christ Jesus. For we have great joy and consolation in thy love, because the bowels of the saints are refreshed by thee, brother.*

- Still not for us to just 'appear' approved, either...
  - **II Corinthians 13:7** - *Now I pray to God that ye do no evil; not that we should appear approved, but that ye should do that which is honest, though we be as reprobates.*
  - are you part of the folly that is being manifest today or the rightly divided word of truth?
    - **II Timothy 3:9** - *But they shall proceed no further: for their folly shall be manifest unto all men, as theirs also was.*
      - I was part of the folly, but now I despise it and want to learn more about the truth - and want to destroy the magnificence of today's religions along with the ways of the world!
        - **Acts 19:27** - *So that not only this our craft is in danger to be set at nought; but also that the temple of the great goddess Diana should be despised, and her magnificence should be destroyed, whom all Asia and the world worshippeth.*
- Note: Paul doesn't use 'fast' in the Gospel's fashion!
  - See **I Corinthians 7:5** - *Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.*
    - 1. Want of restraint of the passions or appetites; free or uncontrolled indulgence of the passions or appetites, as of anger.
  
    - 2. Want of restraint of the sexual appetite; free or illegal indulgence of lust; lewdness; used of either sex, but appropriately of the male sex. Incontinence in men is the same as unchastity in women.
  - 'Stand' fast
    - **I Corinthians 16:13** - *...in the faith*
    - **Galatians 5:1** - *...the liberty wherewith Christ hath made us free...*
    - **Philippians 1:27** - *...in one spirit, with one mind striving together for the faith of the gospel*
    - **Philippians 4:1; I Thessalonians 3:8** - *...in the Lord...*
  - 'Hold' fast
    - **I Thessalonians 5:21** - *...that which is good*
    - **II Timothy 1:13** - *...the form of sound words*
    - **Titus 1:9** - *...the faithful word...*

---

**17: But thou, when thou fastest, anoint thine head, and wash thy face;**

- Is 'anointing' to us today?

- the only *anointing* is Paul referring to himself and the others with him, etc. - read the context:
  - **II Corinthians 1:21** - *Now he which stablisheth us with you in Christ, and hath anointed us, is God;*
  - The only other place anointing is mentioned is in **I John 2:27** - *But the anointing which ye have received of him abideth in you, and ye need not that any man teach you: but as the same anointing teacheth you of all things, and is truth, and is no lie, and even as it hath taught you, ye shall abide in him.*
  - Do you want to go with **I Corinthians 2:9-16**?
    - *... But hath revealed them unto us by his Spirit...*
      - Sure, but that was all before **I Corinthians 13:10**
    - Another sermon - but the KJB is the anointed today!
- wash thy face?
- Us?
- Do you want a spiritualized sermon? ok, "Get the dirt off your day...
  - anoint and wash thy face with His Word!"
    - be face to face with Christ our Saviour in that ole KJB!
  - do the 'fast' of the stuff - things that interfere with your spiritual growth, studies and victory!
    - sure - go for snacks - extra meals, etc. but also try...
      - ...the pleasures you love more than you love God...
        - **II Timothy 3:4** *... lovers of pleasures more than lovers of God*
          - music
          - tv
          - video
          - misc. other reading materials that you can read for hours at a time...
          - those emails that "ya gotta read's" - from reading AND sending them!
          - entertainment - the stuff - the revelings - the loudness - the parties, etc.
          - from other people's business
            - **I Thessalonians 4:11,12** - *And that ye study to be quiet, and to do your own business, and to work with your own hands, as we commanded you; That ye may walk honestly toward them that are without, and that ye may have lack of nothing.*

---

**18:** *That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.*

- How have you been "rewarded openly" so far?
  - Is it because of sin - your doubts - your backsliddeness, etc.?
  - Ask your pastor, I'll bet he will be quick to tell you why you haven't been 'rewarded openly'

- Are people flocking to want 'what' you have and 'who' you are?
  - Is anyone?
    - Just one, even?
  - Do they want the 'blessings' that you have - spiritual, of course...?
- **I still believe we are in the Philadelphian church age and there are those who would want what the Risen Saviour offers to them through Paul and a rightly divided KJB!**
  - Yes, something is wrong these days, but it isn't the Risen Saviour and it isn't the KJB and it isn't rightly dividing according to 'book' - not just picking and choosing verses according to what college you attended or who you have studied under!
- Is this 'secret stuff' your excuse for being a secret Christian?
- Do you really not want to try to tell folks about what Paul has taught you?
  - 'Can' you, if you were to ever get the opportunity?
  - **II Timothy 1:8 - *Be not thou therefore ashamed of the testimony of our Lord, nor of me his prisoner: but be thou partaker of the afflictions of the gospel according to the power of God;***
    - But remember, not like the 'hypocritical folly flashers' and the fake yet prideful pharisees!
  - Do they SEE what you 'have' as a manner of life, not just what you do and don't do?
    - Do they see a joy, a peace, an understanding, knowledge, a trust, a comfort - direction, etc.?
  - Do they SEE what happens to you for trying to live to please God according to Paul?
    - Do they see how you handle it all?
  - Do they SEE who you really are?
- What will your reward be?
  - Do you still wonder why God has not rewarded you openly already?
  - Do you now see that as our riches are being taken away, that maybe those riches weren't necessarily from God, as the prosperity preachers have preached?

---

**Pastor - Mike Paulson**

The entire King James Bible is written FOR us, but it is not all written TO us!

We learn from the "For" and we try to apply the "TO!"