



# “If you continue in My word, then are you My Disciples InDeed...”

## Fasting the Father Rewards

**Matthew 6:16-18** “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. But thou, when thou fastest, anoint thine head, and wash thy face; 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.”

Jesus now touches on the third pillar of the spiritual-discipline-foundation of giving, praying and fasting. What do we find are the common points found in each of these three? If you could sum up the message of Jesus concerning them in a sentence what would you say? \_\_\_\_\_

The statement “when you fast” assumes that you will be fasting. Look up the following verses and write down what they teach us about fasting and its rewards:

**Psalm 25:13** –What does fasting do for our souls and why is that a good thing? \_\_\_\_\_

**Matthew 9:15** –What were they “mourning” over and how does that apply to us? \_\_\_\_\_

**Mark 9:29** –What does this verse teach us about fasting and spiritual power? \_\_\_\_\_

**Acts 13:2** –What was the result of their time of fasting and prayer? \_\_\_\_\_

**Acts 10:30,31,44** –What was the reward for Cornelius’ prayer, fasting and alms? \_\_\_\_\_

**Jonah 3:6-10** –What was the result of Ninevah’s prayer and fasting time? \_\_\_\_\_

**1 Kings 21:27-29** –What did God say and do about Ahab’s fasting? \_\_\_\_\_

**Isaiah 58** –Why weren’t the Israelites rewarded for their fasting? \_\_\_\_\_

### Am I a “Disciple InDeed”?

1. Do I deny myself food in order to seek God with less distraction?
2. Am I an actor who tries to make an impression on others about my spirituality, or do I want to impress God and live for His approval?
3. Do I really believe that God will reward me when I give, pray, and fast in secret?



## Doers of the Word

What am I going to do with God’s Word today?



**Further Study:** Psalm 69:10, Ezra 8:23, Esther 4:3, Judges 20:26-28, Daniel 9:3, I Cor 7:5

# “...And you shall know The Truth, and The Truth shall make you Free!”

