

UPSIDE-DOWN KINGDOM

Sermon on the Mount Series | Matthew 6:16-18

August 24, 2025



Fasting The Kingdom Way Part 1

MATTHEW 6:16-18

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Thus, _____ you give to the needy... (Matthew 6:2)

And _____ you pray... (Matthew 6:5)

And _____ you fast... (Matthew 6:16)

These acts of righteousness must be practiced **not to** _____
or to _____, **but to be** _____ — changed from
the inside out.

WHAT FASTING DOES FOR THE BODY

Rangan Chatterjee, *"How to Make Disease Disappear"*

>> Fasting for 6-8 hours

The body will start to burn its own _____.

>>Fasting for 12 hours

Autophagy (known as *"The Body's _____ System"*)
kicks in!

REWARDS OF FASTING

MATTHEW 6:18

...and your Father, who sees what is done in secret, will reward you.

1. DEVOTION: _____ Self to God

MATTHEW 6:17 NIV // "...but _____ to your Father, who is unseen"

Zechariah 7:5 // Acts 13:1-3 // Matthew 6:25, 31, 33

PSALM 63:5 NLT // You satisfy me more than the richest feast. I will praise you with songs of joy.

JOHN PIPER

"[Fasting is the] **whole body** **hungering for God.**"

2. DIRECTION: _____ to God's Voice

Acts 9:1-9 // Daniel 9:3, 21-22 // Jeremiah 29:13-14

PSALM 32:8 NIV // *I will instruct you and teach you in the way you should go; I will counsel you and watch over you.*

MATTHEW 4:4 ESV // *"...Man shall not live by bread alone, but by every word that comes from the mouth of God."*

