 **Message Outline**

 *The GOAT Sermon:*

 *Piety Part 3—Fasting*

 **Matthew 6:16-18**

**Intro:** Matthew 5 and P\_\_\_\_\_\_\_\_ (v.1-12), P\_\_\_\_\_\_\_ (v.13-16), P\_\_\_\_\_\_\_\_\_(v.17-48)…

* Matthew 6 and P\_\_\_\_\_\_\_(v.1-18): Giving, Praying, and Fasting…
* Good sermons both cut you up (Mt.5) and stitch you up (Mt.6) for healing/help in life’s journey…

**Read:** Matthew 6:16-18

**v.16a—**“*When* you fast”, not “*if* you fast…”

* An expectation for followers of Jesus…

**v.16—**Hypocrites make religion a show…

**v.17-18—**Sincerity in seeking God is true piety that pleases and is rewarded by God…

**Fasting FAQs**

***\*What is fasting?***

***\*How to fast?***

***\*Who’s who of fasts in the Bible…***

***\*Why should I fast?***

***\*Warnings of fasting (cf. Is.58, Zech.7:3ff.)…***

***\*What should I expect when fasting?***

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**Reflection Questions**

(Please take time to ponder and pencil in

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*\*****Watch:*** *Ep.7 “Ears to Hear” (60min).*

*What most caught your attention watching this episode?*

*\*This episode deals with a lot of characters grief/disappointment (ie. Peter smashing pottery, Thomas turned down for marriage, Gaius’s sick son, Matthew upset by flashbacks, Decapolis on edge, etc.). How do you deal with life’s disappointments? What helps you?*

*\*Matthew goes from hiding his prayer tassels in a box to tying them on his garment. Is there a visible display of your faith in God that you need to make too? What practical thing do you have that reminds you of your faith in Jesus?*

*\*Think about someone you know is disappointed with God right now (it could be you!). Pray for that person to have a heart soft enough to allow Jesus to speak into that hurt.*

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