

## The Right Motive for Fasting

Mathew 06: 16-18

### 1. *The wrong way to fast*

- a. Fasting as a hypocrite
- b. Fasting for recognition
- c. The reward: To receive only human recognition and esteem

### 2. *The right way to fast*

- a. Fasting as a duty
- b. Fasting without notice
- c. Fasting for God alone
- d. The reward:  
God will reward the person  
who sincerely fasts in secret

16 “When you fast,  
do not look somber as the hypocrites do,  
for they disfigure their faces  
to show men they are fasting.  
I tell you the truth,  
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 men  
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.