

# RHYTHMS

## FAST



Matthew 6:16-18// Pastor Will Davis



# MATTHEW 6:16

Whenever you fast...





**“Fasting is a Christian’s voluntary abstinence from food for spiritual purposes.”**

**- Donald Whitney**





**“Fasting is the voluntary denial of a normal function for the sake of intense spiritual activity.”**

**- Richard Foster**







## MATTHEW 6:16

...do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting.





# MATTHEW 6:16

Truly I say to you, they have their reward in full.





## MATTHEW 6:17-18

But you, when you fast, anoint your head and wash your face so that your fasting will not be noticed by men, but by your Father who is in secret;





# MATTHEW 6:18

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



