

Acts of Righteousness

Matthew 6:1 NASB95 - 1 "Beware of practicing your righteousness before men to be noticed by them; otherwise you have no reward with your Father who is in heaven.

The NIV version says, "Acts of Righteousness"

Illus: Taking you tractor/car in for a tune up

Matthew 6:2-4 NASB95 - 2 "So when you give to the poor, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be honored by men. Truly I say to you, they have their reward in full. 3 "But when you give to the poor, do not let your left hand know what your right hand is doing, 4 so that your giving will be in secret; and your Father who sees what is done in secret will reward you.

Giving - Opening the channels of provision

Luke 6:38

38 Give, and it will be given to you. A good measure, pressed down, shaken together and

running over, will be poured into your lap. For with the measure you use, it will be measured to you.”

2 Corinthians 9:7

7 Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.

Proverbs 3:27

27 Do not withhold good from those to whom it is due,
when it is in your power to act.

- It is a major breakthrough when one realizes that tithing is not giving and the scriptures that deal with giving do not apply to tithing.

Matthew 6:5-15 NASB95 - 5 "When you pray, you are not to be like the hypocrites; for they love to stand and pray in the synagogues and on the street corners so that they may be seen by men. Truly I say to you, they have their reward in full. 6 "But you, when you pray, go into your inner room, close your door and pray to your Father who is in secret, and

your Father who sees what is done in secret will reward you. 7 "And when you are praying, do not use meaningless repetition as the Gentiles do, for they suppose that they will be heard for their many words. 8 "So do not be like them; for your Father knows what you need before you ask Him. 9 "Pray, then, in this way: 'Our Father who is in heaven, Hallowed be Your name. 10 'Your kingdom come. Your will be done, On earth as it is in heaven. 11 'Give us this day our daily bread. 12 'And forgive us our debts, as we also have forgiven our debtors. 13 'And do not lead us into temptation, but deliver us from evil. For Yours is the kingdom and the power and the glory forever. Amen.' 14 "For if you forgive others for their transgressions, your heavenly Father will also forgive you. 15 "But if you do not forgive others, then your Father will not forgive your transgressions.

Prayer - Simply talking to God

Philippians 4:6

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Mark 11:24

24 Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

Jeremiah 33:3

3 'Call to me and I will answer you and tell you great and unsearchable things you do not know.'

Colossians 4:2

2 Devote yourselves to prayer, being watchful and thankful.

Jeremiah 29:12

12 Then you will call on me and come and pray to me, and I will listen to you.

Matthew 6:16-18 NASB95 - 16 "Whenever you fast, 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. Truly I say to you, they have their reward in full. 17 "But you, when you fast, anoint your head and wash your face

18 so that your fasting will not be noticed by men,
but by your Father who is in secret; and your Father
who sees what is done in secret will reward you.

Fasting - Telling yourself NO

Isaiah 58:3-7

'Why have we fasted,' they say,
'and you have not seen it?

Why have we humbled ourselves,
and you have not noticed?'

“Yet on the day of your fasting, you do as you
please

and exploit all your workers.

4 Your fasting ends in quarreling and strife,
and in striking each other with wicked fists.

You cannot fast as you do today
and expect your voice to be heard on high.

5 Is this the kind of fast I have chosen,
only a day for people to humble themselves?

Is it only for bowing one's head like a reed
and for lying in sackcloth and ashes?

Is that what you call a fast,
a day acceptable to the LORD?

6 “Is not this the kind of fasting I have chosen:
to loose the chains of injustice

and untie the cords of the yoke,
to set the oppressed free
and break every yoke?

7 Is it not to share your food with the hungry
and to provide the poor wanderer with shelter —
when you see the naked, to clothe them,
and not to turn away from your own flesh and
blood?

1 Corinthians 9:27

27 No, I strike a blow to my body and make it my
slave so that after I have preached to others, I
myself will not be disqualified for the prize.

Matthew 6:16-18

16 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.

17 But thou, when thou fastest, anoint thine head,
and wash thy face;

18 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 set the example

Matthew 4:2

2 And when he had fasted forty days and forty nights, he was afterward an hungred.

Luke 4:2

2 Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered.

When clarity is needed - it quiets the soul

Acts 14:23

23 And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed.

It produces a spiritual and physical discipline

1 Corinthians 9:26-27

26 I therefore so run, not as uncertainly; so fight I, not as one that beateth the air:

27 But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

It manifests concern for family, church, community, and country

2 Samuel 1:12

12 And they mourned, and wept, and fasted until even, for Saul, and for Jonathan his son, and for the people of the LORD, and for the house of Israel; because they were fallen by the sword.

2 Samuel 12:16

16 David therefore besought God for the child; and David fasted, and went in, and lay all night upon the earth.

Ezra 8:21

21 Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance.

Esther 4:3

3 And in every province, whithersoever the king's commandment and his decree came, there was great mourning among the Jews, and fasting, and weeping, and wailing; and many lay in sackcloth and ashes.

Esther 4:16

16 Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish.

Daniel 9:3

3 And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes:

Fasting has the following benefits:

It strengthens and implements prayer

Acts 10:30-31

30 And Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing,

31 And said, Cornelius, thy prayer is heard, and thine alms are had in remembrance in the sight of God.

It brings blessings of obedience

Matthew 6:6

6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

Matthew 6:16

16 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.

It brings humility through repentance

Nehemiah 9:1-3

1 Now in the twenty and fourth day of this month the children of Israel were assembled with fasting, and with sackclothes, and earth upon them.

2 And the seed of Israel separated themselves from all strangers, and stood and confessed their sins, and the iniquities of their fathers.

3 And they stood up in their place, and read in the book of the law of the LORD their God one fourth part of the day; and another fourth part they confessed, and worshipped the LORD their God.

It gives revelation of God's way and will for you future

Daniel 9:1-3 NASB95 - 1 In the first year of Darius the son of Ahasuerus, of Median descent, who was made king over the kingdom of the Chaldeans-- 2 in the first year of his reign, I, Daniel, observed in the books the number of the years which was revealed as the word of the LORD to Jeremiah the prophet for the completion of the desolations of Jerusalem, namely, seventy years. 3 So I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting, sackcloth and ashes.

It establishes authority and power in prayer and spiritual warfare - Establish = strengthens the entire person

Matthew 4:1-2

1 Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil.

2 And when he had fasted forty days and forty nights, he was afterward an hungred.

Types of fasts:

24 hour fast - Abstain from solid food

Partial fast - Abstain from “pleasant” food or give up one meal a day

Daniel 10:2,3

2 In those days I Daniel was mourning three full weeks.

3 I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.

3 day fast - Abstain from food for 3 days

Esther 4:16

16 Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish.

Extended fast:

Total fast - nothing but water

Non-total fast - No food; only diluted fruit juices, water, and herbal teas

Victory

Daniel 10 - Look up - recount the story

Fasted Lifestyle

Saying no to self in something daily or often. Especially in the area of strong desire.