Is Your Fasting Futile or Fuel?

Matthew 6:16-18

Is Your Fasting Futile or Fuel?

Fasting is:

1. Abstaining from food.
2. Giving up a lesser thing to gain a greater.

Is it about impressing? (v. 16)

 it’s going to be difficult to be a people-pleasers and a Christ-followers simultaneously.

Is it about intimacy? (vv. 17 & 18)

 Homework: Fix up for your intimate times with God

 “It is an act of holy graciousness that God would give up His comprehensive privacy so that we humans could actually get to know Him. “

 R. Albert Mohler, Jr.

Homework:  Is there a person that I am so preoccupied with pleasing that it is stopping me from pleasing God?