

# Notes for Matthew 6:16-21

Hebrew & Greek pronunciation spelled phonetically

Jesus is not commanding a fasting schedule in Matthew 6:16. But He is assuming fasting will have a place in the life of His disciples. Fasting should be a part of our walk just as is prayer and fellowship.

Anyone who has fasted knows that you get a sort of mental sharpness or awareness. There is a mountain of evidence supporting both the spiritual and physical benefits of fasting. Everyone should do their own research and you may find it benefits you.

Jeremiah 17:9 – *The heart is deceitful above all things, and desperately sick; who can understand it?*

*Hypokrita* (He-POK-rita) - Greek word is used for an actor or role-player who is playing a part.

*Coram Deo* (Core-um DAY-oh) - Latin term that means before the face of God - in the presence of God.

2 Timothy 4:1-2 – *I charge you in the presence of God and of Christ Jesus, who is to judge the living and the dead, and by his appearing and his kingdom: 2 preach the word; be ready in season and out of season; reprove, rebuke, and exhort, with complete patience and teaching.*

Isaiah 58:3 – *Why have we fasted, and you see it not? Why have we humbled ourselves, and you take no knowledge of it? Behold, in the day of your fast you seek your own pleasure, and oppress all your workers.*

Luke 18:11-14 – *The Pharisee, standing by himself, prayed thus: ‘God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. 12 I fast twice a week; I give tithes of all that I get.’ 13 But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, ‘God, be merciful to me, a sinner!’ 14 I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.*

In 2 Samuel 12:16-23 King David wept and fasted, pleading with God to save his gravely ill infant son. When the baby passed away on the seventh day, David surprised his attendants by immediately getting up, washing, and eating. He explained his grief had been for the living, but death was final, and he would one day join his son in the afterlife.

Daniel 10:2-3 – *In those days I, Daniel, was mourning for three weeks. 3 I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks.*

1 Samuel 1:10-15 – *She was deeply distressed and prayed to the Lord and wept bitterly. 11 And she vowed a vow and said, “O Lord of hosts, if you will indeed look on the affliction of your servant and remember me and not forget your servant, but will give to your servant a son, then I will give him to the Lord all the days of his life, and no razor shall touch his head.” 12 As she continued praying before the Lord, Eli observed her mouth. 13 Hannah was speaking in her heart; only her lips moved, and her voice was not heard. Therefore Eli took her to be a drunken woman. 14 And Eli said to her, “How long will you go on being drunk? Put your wine away from you.” 15 But Hannah answered, “No, my lord, I am a woman troubled in spirit. I have drunk neither wine nor strong drink, but I have been pouring out my soul before the Lord.”*

Luke 2:36-37 - *And there was a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher. She was advanced in years, having lived with her husband seven years from when she was a virgin, 37 and then as a widow until she was eighty-four. She did not depart from the temple, worshiping with fasting and prayer night and day.*

1 Kings 3:9-13 – *Give your servant therefore an understanding mind to govern your people, that I may discern between good and evil, for who is able to govern this your great people?” 10 It pleased the Lord that Solomon had asked this. 11 And God said to him, “Because you have asked this, and have not asked for yourself long life or riches or the life of your enemies, but have asked for yourself understanding to discern what is right, 12 behold, I now do according to your word. Behold, I give you a wise and discerning mind, so that none like you has been before you and none like you shall arise after you. 13 I give you also what you have not asked, both riches and honor, so that no other king shall compare with you, all your days.*

Proverbs 3:5 – *Trust in the Lord with all our heart, and do not lean on our own understanding*

Luke 12:16-21 – *And he told them a parable, saying, “The land of a rich man produced plentifully, 17 and he thought to himself, ‘What shall I do, for I have nowhere to store my crops?’ 18 And he said, ‘I will do this: I will tear down my barns and build larger ones, and there I will store all my grain and my goods. 19 And I will say to my soul, “Soul, you have ample goods laid up for many years; relax, eat, drink, be merry.” 20 But God said to him, ‘Fool! This night your soul is required of you, and the things you have prepared, whose will they be?’ 21 So is the one who lays up treasure for himself and is not rich toward God.*

Joshua 7:20-26 serves as another warning. Achan saw a beautiful cloak, silver, and gold. He coveted them, took them, and hid them. His hidden treasure became his ruin. That is how earthly treasure works when it masters the heart.

Mark 12:42-44 – *And a poor widow came and put in two small copper coins, which make a penny. 43 And he called his disciples to him and said to them, “Truly, I say to you, this poor widow has put in more than all those who are contributing to the offering box. 44 For they all contributed out of their abundance, but she out of her poverty has put in everything she had, all she had to live on.”*

Luke 19:2-10 – *And behold, there was a man named Zacchaeus. He was a chief tax collector and was rich. 3 And he was seeking to see who Jesus was, but on account of the crowd he could not, because he was small in stature. 4 So he ran on ahead and climbed up into a sycamore tree to see him, for he was about to pass that way. 5 And when Jesus came to the place, he looked up and said to him, “Zacchaeus, hurry and come down, for I must stay at your house today.” 6 So he hurried and came down and received him joyfully. 7 And when they saw it, they all grumbled, “He has gone in to be the guest of a man who is a sinner.” 8 And Zacchaeus stood and said to the Lord, “Behold, Lord, the half of my goods I give to the poor. And if I have defrauded anyone of anything, I restore it fourfold.” 9 And Jesus said to him, “Today salvation has come to this house, since he also is a son of Abraham. 10 For the Son of Man came to seek and to save the lost.”*

Matthew 19:16-22 - *And behold, a man came up to him, saying, “Teacher, what good deed must I do to have eternal life?” 17 And he said to him, “Why do you ask me about what is good? There is only one who is good. If you would enter life, keep the commandments.” 18 He said to him, “Which ones?” And Jesus said, “You shall not murder, You shall not commit adultery, You shall not steal, You shall not bear false witness, 19 Honor your father and mother, and, You shall love your neighbor as yourself.” 20 The young man said to him, “All these I have kept. What do I still lack?” 21 Jesus said to him, “If you would be perfect, go, sell what you possess and give to the poor, and you will have treasure in heaven; and come, follow me.” 22 When the young man heard this he went away sorrowful, for he had great possessions.*

