

Exposition on Biblical Fasting

Dr. Isaac k. Damoah
Email: damoahisaac760@gmail.com

SERMON OUTLINE

Text: Matthew 6 vs 16 - 18

Key verse: vs 17

Key word: Fast

Theme: Christ-centered type of fasting - A means to receive divine reward.

Proposition: I hereby propose that Christians should not fast as the hypocrites.

INTRODUCTION

A. Definition

B. Historical background

MAIN AND SUB POINTS

I. The hypocritical type of fasting

1. How the hypocrites behave to the public during fasting

2. Expression of sad countenance

3. Disfigured faces

4. Reason why the hypocrites fast

5. Christ comment about hypocritical type of fasting

II. How to fast to receive divine reward

Anoint your head and wash your face

III. Purpose of Christ-centered type of fasting

The purpose concerning Christ-centered type of fasting

Conclusion

Text: Matthew 6 vs 16 - 18

Key verse: vs 17

Key word: Fast

Theme: Christ-centered type of fasting - A means to receive divine reward.

Proposition: I hereby propose that Christians should not fast as the hypocrites.

INTRODUCTION

A. Definition

Christ-centered: Christ teachings about fasting.

Christ: The word "Christ" comes from the Greek word known as "Christos" meaning "anointed one" or

"chosen one". Christ is the title of Jesus and the term "anointed" refers to the application of oil. Christ comes from the Greek verb which means "to anoint". In Christianity the idea of Christ originated from the concept of the Messiah in Judaism. Christians utilize Christ as a name and a title uncompromisingly referring to Jesus.

Fasting: It is abstinence from food based on specific reason and purpose.

Divine: According to Long man Dictionary of Contemporary English divine is something that proceeds from God.

Reward: This implies heavenly prize promised for a certain work.

B. Historical background

The hypocrites did not fast in secret. Because of this, Christ taught His disciples how to fast.

Transition: The following are what everybody must know and apply.

MAIN AND SUB POINTS

I. The hypocritical type of fasting

This is unfaithful religious practice where people outwardly demonstrate sacrifice to gain praises from men instead of concentrating on genuine devotion to God.

1. How the hypocrites behave during fasting. v 16

a. Expression of sad countenance

The word "countenance" refers to an appearance of a person's face which can reflect his or inner emotions or spiritual state. Sad countenance is physical manifestation of sorrow, distress or grief.

b. Disfigured faces

The hypocrites put on gloomy and sorrowful faces. Because they wanted everybody to know that they had not eaten and it was not easy to starve.

c. The reason why the hypocrites fast

They wanted to influence others, gain respect and wanted to be regarded as righteous people.

d. Christ comment about hypocritical type of fasting

They have received their rewards

That is ovation is the wages of their fasting.

II. How to fast to receive divine reward. V17

Anoint your head and wash your face

This implies that Jesus' disciples should take a bath and make themselves neat.

III. Purpose of Christ-centered type of fasting. v18

The promise concerning Christ-centered type of fasting

God would reward Jesus' disciples if they fast in private

Life application: As Christians, we must not demonstrate outward sign which will let the public to know that we are fasting.

Conclusion

Brethren in Christ should fast as Christ taught His disciples to fast in private.

REFERENCES

Stegeman,D.(2025, March 27),"What Jesus taught about fasting",pastoral-theology.www.pastoral-theology.com

Achermann,C.(2026, February 21),"What is fasting ?",crossway.www.crossway.org

Divine,(n.d),idoceonline.www.idoceonline.org

Christ meaning,(2026, January 1), got questions.www.gotquestions.org

Christ,(n.d), wikipedia.en.wikipedia.org

Countenance,(n.d),biblehub.www.biblehub.com

Eden house,(2025, January 5),"Hypocrites love to fast",edenhouse.www.edenhouse.medium.com

Hungering God,(2020, March 8),saralandchristians.www.saralandchristians.com