

June 21, 2020
La Jolla Christian Fellowship
Sparking The Flames Of Revival
Episode 4: When You Fast.
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Matthew 6:16-18

*“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. ¹⁷ **But when you fast, put oil on your head and wash your face,** ¹⁸ so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.*

Fasting is a component of the inward, secret and invisible spiritual life.

Invisible Essentials

Vs. 17 *But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.*

- **“But when you”** — Jesus is more speaking of essentials of the faith here rather than a smorgasbord.
- **“your Father, who is unseen”**— Here Jesus is speaking of being Spirits in a material world.

Hypocrites and Oil

Vs. 17 *“do not look somber as the hypocrites do.”*

- **“As the hypocrites do”**—“The word **hypocrite** is rooted in the Greek word hypokrites, which means **“stage actor, pretender, dissembler.”**
- **“put oil on your head and wash your face”** — This counter-intuitive command is based on **Jesus' Revolutionary Upside Down Kingdom.**

Rewards from a Father

Vs. 18 *and your Father, who sees what is done in secret, will reward you.*

- **“And your Father who sees”**
 - We do not serve an absentee Father.
 - American studies into the seemingly [incontestable link](#) between fatherlessness and delinquency date back to the mid-1800s.
- **“Will reward you”—** We serve a generous God of extravagance.

Food for the Journey: Questions and challenges to go deeper in individual reflection or in one of our community groups.

1. If the inward life is a generator for the outward existence, what are some ways to make sure that our life is being empowered from within?
2. How much consideration do you give to the invisible life?
3. Hypocrisy turns you into an external actor whose incongruence of inward ideals and outward expressions become a mockery to God. Why would God hate hypocrisy?
4. Why would God choose to make his role as a loving Father so prevalent in the bible?
5. What would a reward from God look like and why would God reward us when He has already given us salvation in Jesus. Is that not enough?