

Matthew 6:1-18, New King James Version (NKJV)

6 *“Take heed that you do not do your charitable deeds before men, to be seen by them. Otherwise you have no reward from your Father in heaven. ² Therefore, when you do a charitable deed, do not sound a trumpet before you as the hypocrites do in the synagogues and in the streets, that they may have glory from men. Assuredly, I say to you, they have their reward. ³ But when you do a charitable deed, do not let your left hand know what your right hand is doing, ⁴ that your charitable deed may be in secret; and your Father who sees in secret will Himself reward you openly.*

5 *“And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward. ⁶ But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. ⁷ And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words.*

8 *“Therefore do not be like them. For your Father knows the things you have need of before you ask Him. ⁹ In this manner, therefore, pray:*

Our Father 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 forgive our debtors.

¹³ And do not lead us into temptation,

But deliver us from the evil one.

For Yours is the kingdom and the power and the glory forever. Amen.

14 *“For if you forgive men their trespasses, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.*

16 *“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. ¹⁷ But you, when you fast, anoint your head and wash your face, ¹⁸ so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.*

Main title of the research: :” Fasting”.

Verse of the research : [Matthew 4:2](#), *And when He had fasted forty days and forty nights, afterward He was hungry.*

Main points of the research:

1-When someone make a wrong thing against another and the people who are belonging to this one who is guilty goes to the fight those who are beside the guilty man, the division will occur and the fasting will be the means of solving the conflict , as what happened to the People of Israel when they fought against the tribe of Benjamin as we read in [Judges 20:26](#), *Then all the children of Israel, that is, all the people, went up and came to the house of God and wept. They sat there before the Lord and fasted that day until evening; and they offered burnt offerings and peace offerings before the Lord.*

2- Fasting is means of returning back to the Lord and worship him only and leave the worshipping of the other gods as we read in 1 Samuel 7:3-6 ,New King James Version (NKJV)

³ Then Samuel spoke to all the house of Israel, saying, “If you return to the Lord with all your hearts, *then* put away the foreign gods and the Ashtoreths^[a] from among you, and prepare your hearts for the Lord, and serve Him only; and He will deliver you from the hand of the Philistines.” ⁴ So the children of Israel put away the Baals and the Ashtoreths,^[b] and served the Lord only.

⁵ And Samuel said, “Gather all Israel to Mizpah, and I will pray to the Lord for you.” ⁶ So they gathered together at Mizpah, drew water, and poured *it* out before the Lord. And they fasted that day, and said there, “We have sinned against the Lord.” And Samuel judged the children of Israel at Mizpah.

3- Fasting is the way of making the Lord having mercy on us when fall in trouble as we read in

3-1:[2 Samuel 1:12](#), *And they mourned and wept and fasted until evening for Saul and for Jonathan his son, for the people of the Lord and for the house of Israel, because they had fallen by the sword.*

3-2: [2 Samuel 12:16](#), *David therefore pleaded with God for the child, and David fasted and went in and lay all night on the ground.*

3-3: **2 Chronicles 20:1-3**,New King James Version (NKJV)

20 It happened after this *that* the people of Moab with the people of Ammon, and *others* with them besides the Ammonites,^[a] came to battle against Jehoshaphat. ² Then some came and told Jehoshaphat, saying, “A great multitude is coming against you from beyond the sea, from Syria;^[b]

and they are in Hazazon Tamar” (which is En Gedi).³ And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah.

3-4: [Esther 4:3](#), *And in every province where the king’s command and decree arrived, there was great mourning among the Jews, with fasting, weeping, and wailing; and many lay in sackcloth and ashes.*

3-5: [Esther 4:16](#), *“Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which is against the law; and if I perish, I perish!”*

4- The wrong fasting ,

4-1: when Jezebel planned to kill Naboth, she proclaimed a fasting as we read [1 Kings 21:9](#), *She wrote in the letters, saying, Proclaim a fast, and seat Naboth with high honor among the people;*

4-2: The people in days of Zechariah the prophet as we read in [Zechariah 7:5](#), *“Say to all the people of the land, and to the priests: ‘When you fasted and mourned in the fifth and seventh months during those seventy years, did you really fast for Me—for Me?’*

4-3: The fasting of the pharisees who condemned the tax collector as we read in [Luke 18:12](#), *I fast twice a week; I give tithes of all that I possess.’*

5- The Lord is merciful even to the sinner if they fast as we read in 1 Kings 21:20-29 ,New King James Version (NKJV),²⁰ So Ahab said to Elijah, “Have you found me, O my enemy?”

And he answered, “I have found *you*, because you have sold yourself to do evil in the sight of the Lord:²¹ ‘Behold, I will bring calamity on you. I will take away your posterity, and will cut off from Ahab every male in Israel, both bond and free.²² I will make your house like the house of Jeroboam the son of Nebat, and like the house of Baasha the son of Ahijah, because of the provocation with which you have provoked *Me* to anger, and made Israel sin.’²³ And concerning Jezebel the Lord also spoke, saying, ‘The dogs shall eat Jezebel by the wall^[a] of Jezreel.’²⁴ The dogs shall eat whoever belongs to Ahab and dies in the city, and the birds of the air shall eat whoever dies in the field.”

²⁵ But there was no one like Ahab who sold himself to do wickedness in the sight of the Lord, because Jezebel his wife stirred him up.²⁶ And he behaved very abominably in following idols, according to all *that* the Amorites had done, whom the Lord had cast out before the children of Israel.

²⁷ So it was, when Ahab heard those words, that he tore his clothes and put sackcloth on his body, and fasted and lay in sackcloth, and went about mourning.

²⁸ And the word of the Lord came to Elijah the Tishbite, saying, ²⁹ “See how Ahab has humbled himself before Me? Because he has humbled himself before Me, I will not bring the calamity in his days. In the days of his son I will bring the calamity on his house.”

6- Fasting is the right means to seek the right way from the Lord to us as we read in [Ezra 8:21](#), [*Fasting and Prayer for Protection*] *Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions. [Ezra 8:23](#), So we fasted and entreated our God for this, and He answered our prayer.*

7- Fasting is method of those who have great zeal for the house of the Lord as we read in **Nehemiah 1:1-4** ,New King James Version (NKJV) ,1 The words of Nehemiah the son of Hachaliah.

It came to pass in the month of Chislev, *in* the twentieth year, as I was in Shushan^[a] the citadel, ² that Hanani one of my brethren came with men from Judah; and I asked them concerning the Jews who had escaped, who had survived the captivity, and concerning Jerusalem. ³ And they said to me, “The survivors who are left from the captivity in the province *are* there in great distress and reproach. The wall of Jerusalem *is* also broken down, and its gates are burned with fire.”

⁴ So it was, when I heard these words, that I sat down and wept, and mourned *for many* days; I was fasting and praying before the God of heaven.

8- Fasting must accompany the sacrament of confession as we read in **Nehemiah 9:1-3** ,New King James Version (NKJV) ,9 Now on the twenty-fourth day of this month the children of Israel were assembled with fasting, in sackcloth, and with dust on their heads.^[a] ² Then those of Israelite lineage separated themselves from all foreigners; and they stood and confessed their sins and the iniquities of their fathers. ³ And they stood up in their place and read from the Book of the Law of the Lord their God *for one-fourth* of the day; and *for another* fourth they confessed and worshiped the Lord their God.

9- Virtues which should accompany fasting:

9-1: Humility as we read in [Psalm 35:13](#), *But as for me, when they were sick, My clothing was sackcloth; I humbled myself with fasting;*

9-2: Good deeds to those who are in need like what we read in [Isaiah 58:3](#), *‘Why have we fasted,’ they say, ‘and You have not seen? Why have we afflicted our souls, and You take no notice?’ “In fact, in the day of your fast you find pleasure, And exploit all your laborers.*

[Isaiah 58:4](#), *Indeed you fast for strife and debate, And to strike with the fist of wickedness. You will not fast as you do this day, To make your voice heard on high.*

[Isaiah 58:5](#), Is it a fast that I have chosen, A day for a man to afflict his soul? Is it to bow down his head like a bulrush, And to spread out sackcloth and ashes? Would you call this a fast, And an acceptable day to the Lord?

[Isaiah 58:6](#), “Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?

9-3: self-denial ***[Daniel 9:3](#), Then I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes.***

9-4: prayers as we read in ***[Joel 1:14](#), Consecrate a fast, Call a sacred assembly; Gather the elders And all the inhabitants of the land Into the house of the Lord your God, And cry out to the Lord.***

9-5: Repentance as we read in ***[Joel 2:12](#), [A Call to Repentance] “Now, therefore,” says the Lord, “Turn to Me with all your heart, With fasting, with weeping, and with mourning.”***

9-6: Joy and gladness, practicing truth and peace as we read in ***[Zechariah 8:19](#), “Thus says the Lord of hosts: ‘The fast of the fourth month, The fast of the fifth, The fast of the seventh, And the fast of the tenth, Shall be joy and gladness and cheerful feasts For the house of Judah. Therefore love truth and peace.’***

9-7: our fasting must be seen only by God as we read in ***[Matthew 6:16](#), [Fasting to Be Seen Only by God] “Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. [Matthew 6:17](#), But you, when you fast, anoint your head and wash your face,***

[Matthew 6:18](#), so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

10: The fasting of the gentles ,

10-1: the king in era of Daniel the prophet fasted as we read in ***[Daniel 6:18](#), [Daniel Saved from the Lions] Now the king went to his palace and spent the night fasting; and no musicians were brought before him. Also his sleep went from him***

10-2: The people of Nineveh as we read in ***[Jonah 3:5](#), [The People of Nineveh Believe] So the people of Nineveh believed God, proclaimed a fast, and put on sackcloth, from the greatest to the least of them.***

10-3: fasting of Cornelius as we read in ***[Acts 10:30](#), So 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,***

11: The strong effect of fasting

11-1: cast demons as we read in [Matthew 17:21](#), *However, this kind does not go out except by prayer and fasting.*” [Mark 9:29](#), *So He said to them, “This kind can come out by nothing but prayer and fasting.”*

12- life of fasting , we need to make the virtue of fasting as a life style until the end of our live as we read in [Luke 2:37](#), *and this woman was a widow of about eighty-four years, who did not depart from the temple, but served God with fastings and prayers night and day.*

[2 Corinthians 11:27](#), *in weariness and toil, in sleeplessness often, in hunger and thirst, in fastings often, in cold and nakedness—*

13- Fasting must be practiced before any mission or sacrament as we read in [Acts 13:2](#), *As they ministered to the Lord and fasted, the Holy Spirit said, “Now separate to Me Barnabas and Saul for the work to which I have called them.”*

[Acts 13:3](#), *Then, having fasted and prayed, and laid hands on them, they sent them away.*

[Acts 14:23](#), *So when they had appointed elders in every church, and prayed with fasting, they commended them to the Lord in whom they had believed.*