

**“...and your Father
who sees in secret
will reward you
openly”**

Matthew 6:18

**What kind of fasting
receives a reward?**

1. The one that is offered to God alone

“so that you do not appear to men to be fasting,
but to your Father who is in the secret place”

Matthew 6:18

2. The one that is offered from a penitent heart

“The sacrifices of God are a broken spirit, A broken and
a contrite heart ; these, O God, You will not despise”

Psalm 51:17

3. The one that is offered according to the rules

“And also if anyone competes in athletics, he is not crowned unless he competes according to the rules”

2 Timothy 2:5

4. The one that is offered with joy

“So let each one give as he purposes in his heart,
not grudgingly or of necessity; for God loves a
cheerful giver”

2 Corinthians 9:7

5. The one that is offered with the spirit

“ 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? Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh?”

Isaiah 58:6-7

6. The one that is offered for the holy purpose of self-control

“But I discipline my body and bring it into subjection”

1 Corinthians 9:27

What kind of fasting receives a reward?

1. The one that is offered to God alone
2. The one that is offered from a penitent heart
3. The one that is offered according to the rules
4. The one that is offered with joy
5. The one that is offered with the spirit
6. The one that is offered for the holy purpose of self-control