



Scriptures from English Standard Version unless noted

Reorienting the Heart

“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.” (Matthew 6:16-18)

#1. “_____ You _____,” not “If You _____”

And Jesus said to them, “Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast.” (Matthew 9:15)

...and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. (Ephesians 3:19)

“Truly I say to you, they have their reward in full.” (Matthew 9:16 NASB)

Now there were in the church at Antioch prophets and teachers, Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen a lifelong friend of Herod the tetrarch, and Saul. While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” Then after fasting and praying they laid their hands on them and sent them off. (Acts 13:1-3)

And when they had appointed elders for them in every church, with prayer and fasting they committed them to the Lord in whom they had believed. (Acts 14:23)

#2. The _____ of the _____ of God in our _____

#3. The _____ to those whose _____ is God

#4. So what is the “_____” Jesus _____?