

DEVOTION DOESN'T PUT ITSELF ON DISPLAY pt. 3

A. FORGIVENESS (:14-15)

1. To Forgive Someone ≠ What The Did To Harm You Is OK
 - a. = Not going to let it hurt you again & again

2. Be Willing

- a. Ask God for help

(transition here)

B. FASTING (:16-18)

1. Like Giving & Praying, Fasting Is Not A Public Demonstration Of Your Spirituality; It Is A Private Expression Of Devotion & Dependence On The Lord
 - a. By “fasting” we’re talking about the intentional decision to to say “no” to a craving or pleasure
 - b. When the Bible mentions fasting, it always has to do with food
2. Fasting Has Spiritual & Physical Benefits
 - a. Physically, it gives the digestive system a rest
 - b. Spiritually, there is an effectiveness to fasting that I don’t understand & can’t explain, but I’ve experienced it
 - c. But Jesus says, if all you’re after is to have everybody see how spiritual you are, then that’s what you’ll get - everybody will think you’re real spiritual - but that’s ALL you’ll get
3. Four Occasions Of Fasting (e.g. Losing Your Appetite)
 - a. Repentance: i.e. when the only thing that matters is getting right w/God (:5:4)
 - b. Distress
 - c. Grief (form of distress)
 - d. Intercession
 - e. In each of these cases the fast wasn’t designed to conjure God up, back Him into a corner, or persuade Him “we re-a-ll-y mean it!”