

# HAIL THE KING

THE HUNGRY LIFE OF CHRISTIANS



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

THE GOSPEL OF  
MATTHEW

*"All men seek happiness. This is without exception. Whatever different means they employ, they all tend to this end. The cause of some going to war, and of others avoiding it, is the same desire in both, attended with different views. The will never takes the least step but to this object. This is the motive of every action of every man, even of those who hang themselves."*

**-Blaise Pascal**



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“Blessed are those who hunger and thirst for righteousness,  
for they shall be satisfied.”

**-Matthew 5:6**



# The Hungry Life of Christians:

1. What fasting is about
2. Why you should fast
3. The reward of fasting



“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**



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## **Biblical Fasting:**

The practice of abstaining from food  
for a measured period of time  
in order to heighten one's hunger for God



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## Matthew 6:1-18

PRINCIPLE	Verse 1			
	WARNING	WRONG REWARD	POSITIVE INSTRUCTION FOR PIETY	ASSURANCE OF GOD'S REWARD
<b>GIVING (v1-4)</b>	v2a	v2b	v3-4a	v4b
<b>PRAYER (v5-15)</b>	v5a, 7a	v5b, 7b	v6a, 8-13	v6b
<b>FASTING (v16-18)</b>	v16a	v16b	v17-18a	v18b



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Now on the twenty-fourth day of this month the people of Israel were assembled with fasting and in sackcloth, and with earth on their heads. And the Israelites separated themselves from all foreigners and stood and confessed their sins and the iniquities of their fathers. And they stood up in their place and read from the Book of the Law of the LORD their God for a quarter of the day; for another quarter of it they made confession and worshiped the LORD their God.

**-Nehemiah 9:1-3**



When I went up the mountain to receive the tablets of stone, the tablets of the covenant that the LORD made with you, I remained on the mountain forty days and forty nights. I neither ate bread nor drank water.

**-Deuteronomy 9:9**



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**MATTHEW 6:16-18**

**THE GOSPEL OF  
MATTHEW**

The image shows a book cover with a blue-tinted photograph of Jesus and his disciples at a table. The title 'HAIL THE KING' is written in large, bold, white letters on the left. Below it, 'THE HUNGRY LIFE OF CHRISTIANS' is written in smaller, bold, blue letters. On the right side, there is a quote from Matthew 6:16-18 in white text, and below it, 'THE GOSPEL OF MATTHEW' is written in large, bold, white letters.

“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...”

**-Matthew 6:16-17**



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MATTHEW 6:16-18

THE GOSPEL OF  
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*"The greatest enemy of hunger for God is not poison but apple pie. It is not the banquet of the wicked that dulls our appetite for heaven, but the endless nibbling at the table of the world. It's not the X-rated video, but the prime-time dribble of triviality we drink in every night. The greatest adversary of love of God is not his enemies but his gifts. And the most deadly appetites are not for the poison of evil, but for the simple pleasures of earth. For when these replace our appetite for God himself, the idolatry is scarcely recognizable, and almost incurable."*

**-John Piper**



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MATTHEW 6:16-18

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*"Fasting, then, teaches our hearts that satisfaction in God, rather than immediate gratification in food (or sex or social media), makes us more joyful in this world. Fasting enlarges our hearts and deepens our joy in God by making more room for him rather than cluttering our hearts up with mediocre things."*

**-John Starke**



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And your Father who sees in secret will reward you.

**-Matthew 6:18b**



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A blue-tinted image of three men sitting at a table, likely Jesus and his disciples, with a city skyline graphic overlaid on the left. The text 'HAIL THE KING' is written in large, bold, white letters over the image. Below it, 'THE HUNGRY LIFE OF CHRISTIANS' is written in smaller, blue, bold letters. To the right, a quote from Matthew 6:16-18 is displayed in white text on a black background, followed by the reference 'MATTHEW 6:16-18' in blue. At the bottom right, the words 'THE GOSPEL OF MATTHEW' are written in large, blue, outlined letters.

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**THE GOSPEL OF  
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*Those who hunger the most for  
God, find themselves satisfied  
the most... in God*



*“When you take your stand on the finished work of God in Christ, and begin to drink at the River of Life and eat the Bread of Heaven, and know that you have found the end of all your longings, you only get hungrier for God. The more satisfaction you experience from God, while still in this world, the greater your desire for the next...”*



*"The more deeply you walk with Christ, the hungrier you get for Christ... the more homesick you get for heaven... the more you want "all the fullness of God" ... the more you want to be done with sin... the more you want the Bridegroom to come again... the more you want the Church revived and purified with the beauty of Jesus... the more you want a great awakening to God's reality in the cities... the more you want to see the light of the gospel of the glory of Christ penetrate the darkness of all the unreached peoples of the world..."*



*"... the more you want to see false worldviews yield to the force of Truth... the more you want to see pain relieved and tears wiped away and death destroyed... the more you long for every wrong to be made right and the justice and grace of God to fill the earth like the waters cover the sea."*

**-John Piper**



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