

The Disciplines of the Discipled

Matthew 6:1-8, 16-18

- 1 “Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven.
- 2 “Thus, when you give to the needy, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may be praised by others. Truly, I say to you, they have received their reward.
- 3 But when you give to the needy, do not let your left hand know what your right hand is doing,
- 4 so that your giving may be in secret. And your Father who sees in secret will reward you.

- 5 “And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward.
- 6 But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.
- 7 “And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words.
- 8 Do not be like them, for your Father knows what you need before you ask him.

- 16 “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.
- 17 But when you fast, anoint your head and wash your face,
- 18 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.

Observations:

- 1) “When” lets us know the practice of certain disciplines as a Christ follower is assumed.
- 2) It is a mistake to use godly disciplines in an ungodly way.
- 3) Four Assurances about Prayer
 - God listens.
 - God is able to answer.
 - God’s will is best.
 - God is concerned about our daily needs.
- 4) Disciplines are hard to practice, but you will not find the blessings of God (His reward v4, 6, 18) without them.

Application:

How can I use this time to let the Spirit of God grow me as a Christ-follower?

In service to others?

In my prayer life?

In my practice of fasting?

If you would like to take the next step in your walk with Christ and talk with Pastor Frank about what that means email me at Frank.Lewis@NashvilleFirst.org or text “Connect” to 615-640-3712.