

The Sermon on the Mount – Lesson 9
Matthew 6:16-24
By Russell Earl

Thesis: I want to show more of what we can learn from Christ's sermon.

- Intro:
1. Today we will look at the teaching on fasting, God and His teachings on riches; and the lamp of the body.
 2. It is important that we apply ourselves to the teachings of Christ if we wish to be pleasing to Him.

I. Fasting (v.16-18)

A. What is fasting?

1. Basic definition – abstinence for spiritual purposes.
2. Fasting for longer periods of time may involve abstinence from things other than food. Some fast and abstain from only certain foods when the fast is for a longer period of time.

B. Why can a person fast?

1. Fasting should include abstinence of any legitimate thing for a spiritual purpose (**1 Cor 7:5**)
2. Fasting should be done when a person desires to concentrate one's whole being into God and for His service.

C. How is it to be done?

1. It must be done without calling attention to ourselves (**v.16-18; Mt 6:5b**)

II. God & Riches

A. Treasures on Earth (v.19-20)

1. Temporary – moth and rust destroy them (time)
2. Thieves break in and steal them

B. Treasures in Heaven

1. Eternal – treasures in heaven are not affected by time
2. Thieves cannot take away treasures laid up in heaven.

C. Which do you serve

1. Where are your treasures. Where your heart reveals whom you serve (**v. 21**)
2. You cannot serve both God and the earthly treasures (**v.24; Mark 10:24-25**)

III. The Lamp of the Body (v.22-23)

A. If the eye is good.

1. There are two kinds of light (v.23) light that is good and light that is darkness.
2. If the lamp of the body is the eye then what a person considers important or places as important in their lives determines if they have "light" in their body (lives).
3. This could also include what we look upon with our eyes (lust).

B. If the eye is bad.

1. If your eye is bad, just like the good eye, it affects the whole body; the body will be full of darkness. (**Lk 11:34-36**)

2. “how great is that darkness” – darkness in anyone is a spiritual death sentence. Darkness is reference to sin or sinful lifestyle. Therefore, darkness in a person’s spiritual body is a serious issue.

Application & Conclusion:

1. How do you measure up to Christ’s teachings?
2. When we have areas in our lives that need improvement or correction, it is vital that we do what is necessary to correct them; no matter how difficult it may be.
3. Full Invitation