

**Follow His Model: Pray and Fast**  
**Series: Sermon on the Mount, Matthew 6:5-18**  
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The righteousness God seeks from His followers is a righteousness of the heart. It is internal, yet true righteousness will manifest itself in outward acts. True righteousness is expressed, says Jesus, in the disciplines of the believer (i.e., "acts of righteousness").

<b>Giving</b> (vv. 2-4)	<b>S</b> _____	<b>O</b> _____
<b>Praying</b> (vv. 5-15)	<b>Self-D</b> _____	The <b>L</b> _____
<b>Fasting</b> (vv. 16-18)	<b>Self-D</b> _____	<b>O</b> _____

**PRAYER COMPONENTS**

1. **R** \_\_\_\_\_
2. **W** \_\_\_\_\_
3. **I** \_\_\_\_\_
4. **P** \_\_\_\_\_
5. **F** \_\_\_\_\_
6. **P** \_\_\_\_\_
7. **A** \_\_\_\_\_

**FASTING:**

- In Scripture, fasting has to do with self-**D** \_\_\_\_\_ and self-**D** \_\_\_\_\_.
- Fasting is a discipline of **F** \_\_\_\_\_

**THE DANGER:**

**THE REMEDY:**