

Devotional: Behind The Fast

Christian Devotion about fasting

"...And whenever you are fasting, do not look gloomy and sour and dreary like the hypocrites, for they put on a dismal countenance, that their fasting may be apparent to and seen by men. Truly I say to you, they have their reward in full already. But when you fast, perfume your head and wash your face, so that your fasting may not be noticed by men but by your Father, Who sees in secret; and your Father, Who sees in secret, will reward you in the open..."

- Matthew 6:16-18 (AMPC)

Fasting is something we do that is just between the Lord and ourselves, in the sense of not putting on a display. We can sometimes think that we dare not say to anyone that we are fasting. But I believe these verses are talking about the attitude behind it. We are not to tell people just so they will think how 'spiritual' we are, or to make a big display of the fact that we are fasting. We are to just go about our day as we normally would—allowing times that we've set aside to pray.

If someone asks us over for a meal, there's nothing wrong with giving the reason why we decline or if we do go, the reason we're not eating. We don't have to feel bad about it and feel all knotted up inside because we told someone. Feeling this way can ruin the whole reason why we're fasting in the first place.

So, when fasting—just be normal!

We shouldn't put on such a big display
When we set aside time to fast and pray.

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