



THE LOOK OF FASTING

Wednesday | Matthew 6:16-18

We are called to be witnesses to the Glory of God but is God's attention the only one we crave? In this passage we are called to fast (give up) for the intent of concentrating more on our relationship with God. What is it about our need to have other humans acknowledge our struggles or our generosity when praising God?

Throughout Matthew 6 Jesus is urging us to draw closer to God through prayer and through our actions. But he cautions us several times to do a 'gut check'; to ask ourselves "are we doing this to bring Glory to God or to ourselves?" Being a witness to God will be revealed through the fruit of the spirit that is developed in us as we strengthen our relationship with God.... Love, joy, peace, patience, kindness, goodness, faithfulness and self control. When we cover our faces with these characteristics of Jesus we will not reveal our own suffering but God's Glory!

PRAYER: Lord help me to acknowledge that it is You who fills my every need! Strengthen our relationship so my words and actions reveal your love to others, not for my own edification but for your Glory!

Written by Pastor Judy Madden