



Devotion Guidelines:

1. Keep it short and interactive
2. Read the Scripture passage together.
3. Remember that Bible study is for application and transformation. Discuss how you and your family members will apply the lesson from the verses.
4. Pray for each other's requests and ask for God's help to apply what you have learned.

Read Together:

Matthew 6:16-18 16 “Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. 17 But you, when you fast, anoint your head and wash your face 18 so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you.”

Talk Together:

1. Have you ever fasted before? Share your experience.
2. In verse 16, how did Jesus describe those who made a public show of their fasting and why?
3. In verse 17, how are we to fast? What should be our attitude when fasting?
4. In verse 18, why should our fasting be done in secret?

Conviction:

My motivation for fasting is to experience the greatest blessing of a personal encounter with God.

Application:

In what area of your life do you seek to be noticed by people? How does knowing that God sees and rewards what is done in secret motivate and change the way you do things such as giving, praying, fasting, etc.?

Pray Together:

Dear Father, search and cleanse our hearts of wrong motives. Let it be our desire to deepen our relationship with You and please You in everything that we do. Transform us from the inside out. In Jesus' name, Amen.



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