



CHESTER FBC

# What is Fasting?

DAY 1 OF 5

## Matthew 6:16-18 (NLT)

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<sup>16</sup>“And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. <sup>17</sup>But when you fast, comb your hair and wash your face. <sup>18</sup>Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.”

## Devotional

Jesus didn’t say “if” you fast—He said “when.” Christian fasting is always for a spiritual purpose. We fast because we want God more than we want the healing. More than we want the answer. More than we want the breakthrough. Every growl in your stomach, every craving, reminds you to pray—for your spouse, your kids, your church, your sobriety, your situation. If there’s no spiritual purpose, it’s not Christian fasting—it’s just dieting.

## Reflection

What is the specific, God-centered reason you are fasting this week? Our church is collectively fasting together on Wednesday (July 16<sup>th</sup> from 6 am-6 pm), we are fasting and praying for next week's VBS. This day of fasting will focus on praying for the kids that will attend VBS and the volunteers that will be acting as the hands and feet of Jesus. Please fast and pray with us!

