



Fasting for show or to impress others

Description

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Fasting is a spiritual practice that has been around for centuries. It is a way to draw closer to God and to seek His will in our lives. It is also a way to show humility and obedience to God. In the Bible, fasting is mentioned many times and is seen as a way to honor God and to seek His guidance.

Fasting can be a powerful tool for spiritual growth and transformation. It can help us to focus on God and to seek His will in our lives. It can also be used to show our commitment to God and to demonstrate our faith in Him.

However, fasting can also be used for show or to impress others. This is not the purpose of fasting and can be a dangerous practice. When we fast for show or to impress others, we are not seeking God's will or honoring Him. We are instead seeking the approval of others and trying to gain their admiration.

The Bible warns us against fasting for show or to impress others. In Matthew 6:16-18, Jesus says, "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will

reward you.”

This passage shows us that fasting for show or to impress others is not pleasing to God. He wants us to fast in secret and to seek His will in our lives. He does not want us to seek the approval of others or to try to gain their admiration.

Fasting can be a powerful tool for spiritual growth and transformation, but it should not be used for show or to impress others. We should seek God’s will in our lives and honor Him with our fasting.

Quiz

1. What does the Bible say about fasting for show or to impress others?

- A. It is pleasing to God
- B. It is a way to honor God
- C. It is a dangerous practice
- D. It is a way to seek His will

2. What does Jesus say about fasting for show or to impress others?

- A. It is a way to honor God
- B. It is a way to seek His will
- C. It is pleasing to God
- D. They have received their reward in full

3. What should we seek when we fast?

- A. The approval of others
- B. Their admiration
- C. God’s will
- D. Their reward

4. What should we do when we fast?

- A. Put oil on our head
- B. Disfigure our faces
- C. Wash our face
- D. Seek the approval of others

5. What should we not do when we fast?

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- A. Seek God's will
 - B. Seek the approval of others
 - C. Honor God
 - D. Put oil on our head

Discussion Questions

1. What are some of the benefits of fasting?
2. How can fasting help us to draw closer to God?
3. What are some of the dangers of fasting for show or to impress others?
4. How can we ensure that we are fasting for the right reasons?
5. What are some practical tips for fasting?

FAQs

Q: What is fasting?

A: Fasting is a spiritual practice that has been around for centuries. It is a way to draw closer to God and to seek His will in our lives. It is also a way to show humility and obedience to God.

Q: What does the Bible say about fasting?

A: The Bible mentions fasting many times and is seen as a way to honor God and to seek His guidance. In Matthew 6:16-18, Jesus says, "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

Q: What are the dangers of fasting for show or to impress others?

A: When we fast for show or to impress others, we are not seeking God's will or honoring Him. We are instead seeking the approval of others and trying to gain their admiration. This is not the purpose of fasting and can be a dangerous practice.

Salvation Prayers : Dear Lord Jesus, I come to you today acknowledging my need for salvation. I confess that I have sinned and fallen short of your glory. But I believe that you died for my sins and rose again. I ask that you come into my heart and be my Lord. I commit to following you and living for you every day. Thank you for your love and for the gift of eternal life. In your name I pray, Amen.

[Amen](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true) [If you prayed the above prayers kindly click here to get more information](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true)
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Example: Joy, Love, 1 John 1:3

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Q: How can we ensure that we are fasting for the right reasons?

A: We should seek God's will in our lives and honor Him with our fasting. We should not seek the approval of others or to try to gain their admiration. We should focus on God and seek His will in our lives.

Rededication Prayers : Dear Lord Jesus, I come to you today with a heart of repentance. I confess that I have strayed from your path and have not been living according to your will. But I am here to rededicate myself to you and to make a commitment to follow you with all my heart. I ask for your forgiveness and for the strength and guidance to walk in your ways. I thank you for your love, grace, and mercy. I give you my all, my heart, my mind, my soul, and my strength, I trust in you and I pray this in Jesus' name, Amen. [Amen](#)

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Quiz Answers

1. C
2. D
3. C
4. A
5. B

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