



LIVING IN SACRED RHYTHM | “FASTING”

August 2, 2026

Matthew 6:1, 16–21(NIV)

“Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven.

¹⁶ “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. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ 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.

¹⁹ “Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. ²⁰ But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.

Notes:

“Even though our outer nature is wasting away . . .” 2 Corinthians 4:16a

“ . . . our inner nature is being renewed day by day.” 2 Corinthians 4:16b

Jewish History of Fasting

Fasting was intentionally visceral and visible.

Jesus' Prophetic Echo and Revision

Fasting should be done privately.

Fasting After Jesus

significant spiritual decisions

as part of worship practice

entirely voluntary