



# PRAYER & FASTING

CUTTING THROUGH THE NOISE

Devotion Info  
*Reorienting The Heart*

## DAY 1 Read Matthew 6:16-18

*[16] “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. [17] But when you fast, comb your hair and wash your face. [18] 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.*

Matthew 6:16-18 NLT

- What does hypocrisy mean?
- What does hypocrisy look like in this passage, and how can you relate to it?

### Application:

- If someone asked you this week, “How do you know you are living in God’s will for your life?”, how would you answer that question?

## DAY 2 Read Matthew 6:16-18

*[16] “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. [17] But when you fast, comb your hair and wash your face. [18] 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.*

Matthew 6:16-18 NLT

- PK mentioned that fasting to be seen and being seen fasting are not the same. What does this mean to you?

### Application:

- If someone asked you this week, “How do you know you are living in God’s will for your life?”, how would you answer that question?

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### DAY 3 Read Matthew 6:16-18

*[16] “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. [17] But when you fast, comb your hair and wash your face. [18] 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.*

Matthew 6:16-18 NLT

- In your spiritual journey with Christ, how have you seen the Father reward you for your obedience in secret?

#### Application:

- If someone asked you this week, “How do you know you are living in God’s will for your life?”, how would you answer that question?

### DAY 4 Read Matthew 6:16-18

*[16] “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. [17] But when you fast, comb your hair and wash your face. [18] 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.*

Matthew 6:16-18 NLT

- How did Pastor Korey describe the main reward God gives for our fasting? How do we see this reward in the Lord’s prayer?

#### Application:

- If someone asked you this week, “How do you know you are living in God’s will for your life?”, how would you answer that question?

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## DAY 5 Read Matthew 6:16-18

*[16] “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. [17] But when you fast, comb your hair and wash your face. [18] 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.*

Matthew 6:16-18 NLT

- If you were to participate in our 21 Day Fast starting on March 1<sup>st</sup>, what would you hope to see the Lord do in your life and relationship with Him?

### Application:

- If someone asked you this week, “How do you know you are living in God’s will for your life?”, how would you answer that question?

**If you would like a daily reminder of these devotionals for each week's sermon, text "DEVO" to 512-877-5131 and you'll receive a text message after 8am Monday-Friday with a link to that day's devotional.**