

Matthew 6:16

Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward.

People will read today's devotional verse, and they will know what it says, yet they treat it like Jesus said "If you fast" instead of "When you fast". How do you know if you are one of those people who replace "when" with "if"? Simply, have you ever fasted?

"Well, that's for those super spiritual Christians." You may be thinking. But Jesus didn't say, If you are a super spiritual Christian, or have been a Christian for a long time, or only if you teach the bible, then you are to fast. No, Jesus said "*when you fast.*"

Here is another "When you" that Jesus spoke of.

† **Matthew 6:3** *But when you do a charitable deed, do not let your left hand know what your right hand is doing.* (underlined for emphasis)

Or as the NLT puts it:

† **Matthew 6:3 (NLT)** *But when you give to someone in need, don't let your left hand know what your right hand is doing.* (underlined for emphasis)

Notice Jesus never said, when you give to someone in need during the holidays. Here's one more "when you do" that Jesus said.

† **Matthew 6:7** *And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words.* (underlined for emphasis)

"Oh, I got this one Steve, I pray before every meal and when something important comes up or I am having a problem that I need God to help me with."

Hmm, during every meal, and do you say the same prayer when you do? *do not use vain repetitions as the heathen do.*

Also, I do not read, pray only when you need something from God. No the bible says to:

† **1 Thessalonians 5:17-18** *pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.* (underlined for emphasis)

Simply spend all day and night like Jesus was right there with you all the time, because He is. Would you spend all day with your best friend and not talk to him or her? Or only talk to them when you needed something from them?

Jesus said, **Matthew 28:20b** *"I am with you always, even to the end of the age."* Amen.

Three things we just read that Jesus said "When you do" not "If you do" or "if you decide you want to do them" which are to *fast, give to someone in need* and *pray*.

Also, Jesus did not say that only the super spiritual people are to do this, but each and every Christian.

One simple way to put all three into practice at one time would be to, *pray* and ask the Lord when you should fast and for how long.

Then when He tells you, or you decide when you should *fast*, do it, along with continual prayer.

Finally, while you are fasting, the money you would had normally spent on food for yourself, take that money and *give to someone in need*.

† **John 15:10** *If you keep My commandments, you will abide in My love, just as I have kept My Father's commandments and abide in His love.*