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**Day 5: Friday, January 9th**

**READ: Matthew 6:5-18**

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Isn't fasting supposed to be a secret? Many fasts in the Bible were corporate fasts called by authority figures for a whole group to participate in together. Reflect on the heart of what Jesus is saying in this passage. What has been the motive behind any conversations you've had about fasting? Is it to encourage others or receive support? Is there some secret wish to be seen as holy or spiritual? Only two know the answer to those questions--you and God. Pray today asking God to uncover your motives for fasting and ask for ways you can seek the encouragement you need without clouding your heart with pride.