Daily Reading Plan
Matthew 6:16-18

Jesus teaches us that spiritual disciplines are not about gaining the attention of others but about seeking God with a sincere heart.

Monday | November 2, 2026
Highlight: Matthew 6:16-18

Explain Jesus assumes that His followers will sometimes fast. Fasting is a spiritual discipline that involves voluntarily setting aside food or another legitimate activity for a period of time in order to focus more intentionally on God.

Fasting is not about earning God's favor. It is about creating space to seek Him, depend upon Him, and remind ourselves that God is more important than our physical desires.

Apply: Consider your reasons for fasting. Are you seeking God, His direction, His presence, or His will? Let fasting draw your heart toward God rather than simply becoming another religious activity.

Respond: Ask God to teach you to seek Him above everything else.

Tuesday | November 3, 2026
Highlight: Matthew 6:16-18

Explain: Jesus warns against fasting with the wrong motives. Some people made their fasting obvious so that others would recognize them as spiritual. Their outward actions looked religious, but their hearts were focused on receiving attention.

God cares about what is happening inside us, not simply what others see on the outside.

Apply: Ask yourself: ***Why am I doing this?*** Whether it is fasting, serving, giving, praying, or studying Scripture, examine your motives. Ask God to help you do spiritual things for His glory rather than for recognition.

Respond: Ask the Lord to examine your heart and reveal any selfish motives in your spiritual life.

Wednesday | November 4, 2026

Highlight: Matthew 6:16-18

Explain: Jesus says that those who intentionally draw attention to their fasting have already received the reward they were seeking—the recognition of others.

Spiritual disciplines can become performances when we become more concerned about how spiritual we appear than about actually knowing God.

Apply: Resist the temptation to make your spiritual life a public performance. Some of the most important things God does in your life may never be noticed by anyone else.

Respond: Ask God to help you seek His approval rather than the approval of others.

Thursday | November 5, 2026

Highlight: Matthew 6:16-18

Explain: Jesus tells His followers to continue their normal appearance while fasting rather than deliberately advertising what they are doing. The point is not secrecy for its own sake but sincerity before God.

God sees what others cannot see. He knows our sacrifices, our motives, our struggles, and our desire to follow Him.

Apply: Think about the spiritual practices you do when no one is watching. These private moments reveal much about the sincerity of our walk with God.

Respond: Ask God to help you develop a faith that is genuine in private as well as in public.

Friday | November 6, 2026
Highlight: Matthew 6:16-18

Explain: Jesus reminds us that our heavenly Father sees what is done in secret. Nothing done for God is overlooked by Him.

People may not recognize your sacrifices, prayers, obedience, or service, but God does. His knowledge of us should encourage us to live faithfully even when there is no applause or recognition.

Apply: Think of something you are doing faithfully that few people notice. Instead of becoming discouraged because others do not recognize it, remember that God sees.

Respond: Ask the Father to help you remain faithful when there is no recognition, knowing that your life is ultimately lived before Him.

Saturday | November 7, 2026
Highlight: Matthew 6:16-18

Explain: Jesus brings us back to the heart of genuine discipleship. Our goal should not be to look spiritual but to actually pursue God.

When God's approval matters more to us than the approval of people, we are freed to serve, pray, give, fast, and obey without needing recognition.

Apply: Ask yourself: ***Whose approval am I living for?*** Choose today to make God's pleasure your primary motivation. Let your spiritual life flow from love for Him rather than a desire to impress others.

Respond: Ask God to help you live for His approval rather than the approval of people.

Sunday | November 8, 2026
Highlight: Matthew 6:16-18

God is more concerned with the condition of our hearts than the appearance of our spiritual lives.

This week, practice one spiritual discipline—prayer, fasting, giving, serving, or time in God's Word—with a renewed focus on doing it for God's glory rather than for recognition.