

## **21 DAYS OF PRAYER**

Day 11: Cheerfulness

Sunday, January 21

Reading: Matthew 6

In fasting it is virtuous to conceal our suffering  
and discomfort with cheerfulness.

**Matthew 6:16** *"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."*

### **FASTING THOUGHT**

"Let us learn from our Lord's instruction about fasting, the great importance of cheerfulness in our religion. Those words 'anoint thy head and wash thy face' are full of deep meaning. They should teach us to aim at letting men see we find that Christianity makes us happy. Never let us forget that there is not religion in looking melancholy and gloomy. Are we dissatisfied with Christ's wages and Christ's service? Surely not! Then let us not look as if we were." - J. C. Ryle

### **PRAYER**

Father in heaven, let me finish this fast with joy and cheerfulness as I feed on your beauty, truth and goodness. May every growl of my stomach, every internal complaint and headache be turned into moments of dependence on you and delight in every spiritual blessing I have in Christ. In the precious name of Jesus I pray. Amen.