

✦ The Upside Down Kingdom

Listener Reflection Worksheet

Episode 6: When We Fast — Devotion from the Heart

Scripture Focus: Matthew 6:16–18

Name: _____ | Date: _____

📖 Read & Reflect

"But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting..." — Matthew 6:17–18 (NIV)

📖 1. Scripture Reading

Read Matthew 6:16–18.

What does Jesus teach about the purpose and posture of fasting?

🧠 2. Context & Summary Reflection

Fasting is about humbling ourselves before God, not impressing others. It reflects hunger for God's presence more than food.

How would you summarize Jesus' teaching on fasting in your own words?

🔍 Digging Deeper

3. Observation

What words or instructions stand out in Jesus' teaching on fasting? (secret, reward, wash your face)

4. Interpretation

Why does Jesus emphasize secrecy and sincerity in fasting?

5. Application

If you fast this week — what is your God-focus (prayer, clarity, repentance, guidance)? Be specific.

✦ Personal Reflection

6. Self-Examination

Have you ever fasted with the wrong motives? What did you learn?

7. Invitation to the Holy Spirit

Ask the Spirit to give you strength and focus if He leads you into fasting. What does He prompt?

🎯 Challenge of the Week

8. Weekly Challenge

Choose one meal (or another small fast) this week to fast and spend that time in prayer. How will you journal what God reveals?

🧠 Scripture Memory

Matthew 6:18 (NIV):

"...your Father, who sees what is done in secret, will reward you."

9. Write out the Scripture Memory verse below:

One Week Later...

10. Write your testimony of what God revealed during the fast:

 We'd love to hear your story — share at btl-ministries.org.
