

THREE STRANDS

Daily Meditation – Friday April 17, 2026

The Bible says, “Beware of practicing your righteousness before men to be noticed by them; otherwise you have no reward with your Father who is in heaven” (Mt. 6:1).

The Bible informs us in the Book of Matthew, Chapter Six, that we can give, pray, and fast wrong. Motive gives value to an action. John the Baptist had this to say to the Pharisees. He said, “But when he saw many of the Pharisees and Sadducees coming for baptism, he said to them, ‘You brood of vipers, who warned you to flee from the wrath to come’” (Mt. 3:7)?¹

They were taking the right actions but with the wrong motive. Let us examine some verses in the Book of Matthew, Chapter Six, that discuss giving, praying, and fasting. The Bible has the following to say:

(1) “So when you give to the poor, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be honored by men. Truly I say to you, they have their reward in full” (Mt. 6:2).

(2) “But you, when you pray, go into your inner room, close your door and pray to your Father who is in secret, and your Father who sees what is done in secret will reward you” (Eph. 6:6).

(3) “So that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you” (Mt. 6:18).

Solomon informed us, “A cord of three strands is not quickly torn apart” (Ecc. 4:12). Giving, praying, and fasting are powerful spiritual disciplines when practiced correctly. I like to do everything unto the Lord so that I am motivated by love. Proper motive gives value to an action. I have two questions for you. Do you need to give, pray, or fast more often? When you do these three spiritual disciplines do you do it with the right motive?

¹ All Scripture quotations, unless otherwise noted, are from the *New American Standard Bible*.

PRAYER FOR SALVATION – Father God, I repent of all my sins, and I believe You raised Jesus from the dead. I confess that Jesus Christ is the Lord of my life. Jesus, wash me with your holy blood. Holy Spirit fill me so I can be a mighty witness for King Jesus!