

EA4. Fasting in Secret so as Not to Impress Others.

We are to fast in secret so as not to impress others.

This precept is derived from His Word (blessed is He):

Key New Testament Scriptures

Matthew 6:16-18

Now when you fast, don't go around looking miserable, like the hypocrites. They make sour faces so that people will know they are fasting. Yes! I tell you, they have their reward already!

¹⁷ But you, when you fast, wash your face and groom yourself, so that no one will know you are fasting- except your Father, who is with you in secret. Your Father, who sees what is done in secret, will reward you.

Additional New Testament Scriptures

None

Related New Testament Mitzvot

EA06 Being Humble and Not Arrogant or Prideful

Supportive Tanakh Scriptures

None

Comment

The admonition of Matthew 6:16-18 is clear that when we fast (assumedly for religious reasons) we are not to act in such a way as to elevate ourselves spiritually in the eyes of others.

Related Mitzvot in Volumes 1 & 2

A15 Doing Religious Things in Order to Be Seen

A17 Being Humble & Not Prideful