



**Colonial Beach**  
BAPTIST CHURCH  
*A Lighthouse for God*

## A Thought for Today About Fasting and Lent

by  
Dr. Johnny R. Almond

**“Noah the first was (as Tradition says)  
That did ordain the fast for forty days.”  
- Robert Herrick: *The Fast, Or Lent***

Fasting is purifying – a cure for gluttony ... avoiding it may ruin health.  
Fasting is personal – a choice for God ... announcing it cancels its reward.  
Fasting is powerful – a condition for gladness ... attaining it brings surprising joy.  
Fasting is prayerful – a chance for grace ... availing ourselves of it enhances holiness.

***“When you fast, do not look gloomy like the hypocrites,  
for they disfigure their faces that their fasting may be seen by others.  
Truly, I say to you, they have received their reward.  
But when you fast, anoint your head and wash your face,  
that your fasting may not be seen by others but by your Father who is in secret.  
And your Father who sees in secret will reward you.”***  
[Matthew 6:16-18 ESV]



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