

**“...so that you do not
appear to men to be fasting,
but to your Father who is in
the secret place”**

Matthew 6:18

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- **As with any of the spiritual practices, there is an **internal aspect** (towards God and eternity) and an **external aspect** (towards men and the world)**

1. Virtue

Internal aspect



Humility
(Secret Practice)

External aspect



Pride
(Showing off)

2. Goal

Internal aspect



**Tasting God
(Through Experience)**

External aspect



**Idol Worship
(Vain Glory)**

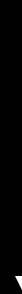
3. Change

Internal aspect



**Genuine
(Inward - outward)**

External aspect

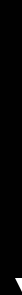


**Artificial
(Outward only)**

4. Which man?

Internal aspect

External aspect



New Man Reigns

Old Man Disguised

5. Result

Internal aspect



Self-awareness

External aspect



Self-deception

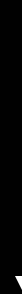
6. Life

Internal aspect



Renewal

External aspect



Abiding in death