

How to Fast Matthew 6:16-18

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Supplemental Scripture

Matthew 9:14-15 Nehemiah 1:4 Joel 2:12-14 Isaiah 58:3-8 Daniel 9:3-8 Acts 13:1-3

Discussion Questions for Personal Life and Community Gathering

1. **Accountability.** Take a few minutes at the beginning or end of group time and discuss how your life has changed this week based on the teachings of Christ. How did you live differently? How have your perceptions changed? How did your reactions change? What did God point out in your life or in what areas did He convict you? Has repentance occurred? If so, in what areas of your life?

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2. **Fasting.** Read Matthew 6:16-18. Discuss your experience with fasting. Is it something that is new to you? Have you done it before? How has it affected your life?

Define the biblical discipline of fasting.

What does Jesus preach against in verse 16? Discuss some of the wrong reasons to engage in fasting.

How does Jesus teach us to fast in verses 17-18? Using the supplemental scriptures, discuss some of the proper reasons to engage in fasting.

Discuss some of the fasting principles mentioned in the sermon.

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3. **Application.** Spend some intentional time this week with an honest evaluation of the discipline of fasting in your life. If it is something you have done in the past, how have you approached it? If it is not something you have done in the past, how will you now approach it?

Please journal these answers and take some time to share these thoughts with your spouse or community group so that together you may both grow in maturity in your communication with God.

Prayer: In your personal prayer and maybe fasting time this week, ask God to give you the ability to delight in His presence to the point that He is truly all you need. Pray that He would be more important than the food we eat or the air we breathe. Pray that we would be people of discipline as we delight in taking communion with Him. Finally pray for the opportunity to fast from the things of this world so that we may gain clarity in His character and His will.

Next Week: Matthew 6:19-24