

Matthew 6:16-18 (10/27/2024)

SERMON DISCUSSION: How were you impacted by the sermon? What new thoughts or lessons did you discover? In what ways did you find yourself challenged and/or encouraged?

READ Matthew 6:16-18

1. According to Jesus, why do the hypocrites fast and what is their reward (Matthew 6:1, 16)?

2. Identify the two types of rewards mentioned in Matthew 6:1-6, 16-18. Why do people often seek one reward above the other? Have you ever struggled over which reward you want?

3. What do think is the purpose(s) of fasting? What are the benefits of fasting?

4. Share what is implied about us and God regarding fasting from the following passages:
Esther 4:16

Joel 2:12-13

Matthew 4:2-4

Acts 13:2-4

5. Besides abstaining from food, name other ways believers can fast.

6. "God rewards fasting because fasting expresses the cry of the heart that nothing on earth can satisfy our souls besides God" (A Hunger for God p. 181 by John Piper).

Have you personally experienced a time of fasting that you would be willing to share about?