

MATTHEW

October 31, 2021

Matthew 6:16-18

READ

Matthew 6:16-18

QUESTIONS for REFLECTION

1. Is fasting commanded by the Lord Jesus? (If not, what is it?)

2. Describe a (Biblical) fast as you understand it?

What is the purpose of a fast (v. 18)?

3. What is the hypocrite's problem when it comes to a fast?

What is Jesus' response to this problem?

4. Identify a couple of attitudes or actions closely associated with fasting (c.f., Psalm 35:13)?

5. What does fasting help us do with the flesh (c.f., Romans 8:12-14)?

Why is this so necessary (c.f., Matthew 26:41)?

6. Have you ever fasted? Share your experience as an encouragement to others. (Why did you do it? What was the result?)

7. If you have not fasted, why not? Has anything kept you from making the effort?

8. Is there anything about fasting that you still do not understand or that stands in your way of being open to the experience?

PERSONAL RESPONSE

I will pray this week about the possibility of fasting by . . .

I will seek to have further questions answered this week by . . .