

Jesus on Fasting

Matthew 6:16-18

Jesus assumed we'd be fasting!

1. What it is
2. How it's done
3. Some practical tips
4. The goal

FOR FURTHER THOUGHT:

1. What's your favorite food? If it were your birthday and you could request any meal, what would it be?
2. Is fasting appropriate for the age we're living in? See Matthew 9:14-15.
3. Read Matthew 6:16-18. What does Scripture here assume about fasting? What does it teach us in this passage about fasting?
4. If giving and prayer (Mt 6:1-15) are normal spiritual disciplines today, shouldn't fasting (Mt 6:16-18) be too? Why don't we see or hear more about it?
5. What's been your experience with fasting? Has it been helpful to you spiritually? What might we learn about ourselves through fasting? How might it help us to grow spiritually? What tips would you pass along to someone who hasn't tried it before?
6. Apart from a regular routine that involves fasting, what special circumstances might prompt us to fast (see Esther 4:12-17; 2 Samuel 2:21-23; Ezra 8:21-23; Mark 9:29, Isaiah 58:6)? What hinders you from fasting? Are these valid reasons?
7. What will you do as a result of this message and this study?