

**WELCOME**

**PRAYER**

**SHARE**

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**Key Scripture: Matthew 6:16-18 (NIV)**

<sup>16</sup> “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. <sup>17</sup> But when you fast, put oil on your head and wash your face, <sup>18</sup> so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

**Discussion Questions:**

1. What has been your experience with fasting?
2. What does this passage teach us about the right and wrong way to fast?
3. What does it mean to fast “in secret”? Why do you think God rewards what’s done in secret?
4. How can we tell the difference between fasting for God versus fasting for other reasons?
5. Jesus says the Father “*will reward you*” — what kind of rewards do you think He’s talking about?

**Challenge:**

Choose a time this week to fast — it could be one meal, one day, or one thing you usually depend on (like social media or entertainment). Use that time to pray and draw closer to God.

**Prayer Requests / Praise Reports**  
**REMEMBER TO TAKE ATTENDANCE**  
**CARE: Follow-up during the week**