



THE PRIVILEGE AND POWER OF PRAYER

Scriptures for further study

Acts 13:3-4 | Luke 4:2-4 | Isaiah 58:3-7 | 2 Samuel 12:15-17

DISCUSSION QUESTIONS

*“When love for God meets the presence of sin, it pleads for His pardon and the power to defeat it—
and
celebrates the Redeemer Who brings both.”*

Matthew 6:16-18 | Psalm 19:12-14

1. What is the hungriest you have ever been? How do you typically respond when you are hungry? Why? Why do you think Jesus wants fasting to become one of the rhythms of our walk with God?
2. In verses 16-18, notice that Jesus says “when” you fast. Why is that detail important? What was wrong with the way the Pharisees were fasting? Are you ever tempted to “show off” how spiritual you are in front of other people? If so, what does that show about your heart? What is different about the way Jesus tells us to fast?
3. Why is fasting an opportunity for confession of sin? Why is feeling our weakness in fasting so important? How have you experienced this?
4. Is there anything else besides food that you are attempting to feast on right now that you need to fast from? What is the small pleasure you are most drawn to? Why does it disappoint you? How will depriving yourself of that help your orient your heart toward Jesus?
5. What are some ways we can hold each other accountable to fast? How might you prepare to fast?
6. In Psalm 19:12-14, what two kinds of sins does David pray to be delivered from? What is the difference between these types of sin? Why do we need God’s help when dealing with both?
7. What two things does David request in Psalm 19:14? Why does David refer to God as his Rock in verse 14? How is God your Rock?

