

Why Call It Fasting? (When it goes so slow)

Matthew 6:16–18

1. Description of Fasting

2. Warning about Fasting

3. Reasons for Fasting

4. Instructions for Fasting

Life Group Questions
Why Call It Fasting? (When it goes so slow)

Matthew 6:16–18

Opener: What is the longest you have gone without eating? What were the circumstances?

READ: Matthew 6:16-18

1. Read Matthew 6:1–4. Jesus begins chapter 6 with a warning to not practice righteousness to be seen by others. He gives three examples: giving charitably, praying, and fasting. What reasons does Jesus give for his followers to not display their acts of righteousness for others to see?
2. How would you describe fasting? What is it?
3. What is the purpose of fasting?
4. What are examples from scripture of individuals fasting? Why were they fasting?
5. What are some reasons for us to fast today?
6. How does the fasting of Jesus' disciples contrast with that of the religious leaders? Why would each group fast?
7. As a group, create a prayer list full of things and people you can be praying for during a time of fasting.
8. We must never confuse religion with righteousness. Fasting is a time to intensify one's devotion to God and pursue His righteousness. It is not a time to display one's religious piety. Choose a time this week to fast and pursue God's righteousness.

Memory Verse: Matthew 6:17–18 ESV

But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you. (ESV)