

Discussion Guide: July 14, 2024

Kyle Dwyer

Message: *Gospel-Fueled Fasting*

Series: *The Heart Behind It*

PRIMARY PASSAGE

Matthew 6:16-18 (ESV): And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. 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.

Further suggested text: **Isaiah 58.**

MESSAGE HIGHLIGHT

Jesus calls us to *Gospel-Fueled Fasting*; we let go of something in order to get more of God in light of what Jesus has already done for us. Jesus promises that God will meet us when we fast.

DISCUSSION QUESTIONS

1. When you think about the topic of fasting, what comes to your mind? Do you have any history with fasting? Has your mind changed after this sermon?
2. Kyle talked about how we need the Gospel to reset our hearts in order to fast correctly. Why is it so easy to turn fasting or any spiritual discipline into a means to be accepted by others or to gain God's favor?
3. Jesus gives practical instruction on how we should fast, particularly that we should choose what we fast from based on what the Lord has put on our hearts. Where is the Lord moving in your heart that you should let something go to spend time in His presence?
4. Jesus promises that our Heavenly Father will meet us when we fast. How could spending more time with God change your life? What do you hope will happen?

PRAYER

Take time to pray for one another that the Lord will move your hearts to fast rightly. Pray first that God will fill your heart with the knowledge of His love in Christ. Secondly, pray that the promise of being in God's presence and your joy would motivate you to fast.