

**Message Series Guide**  
**Summer on the Mount**  
**Part 7 – Prayer + Fasting**  
**Matthew 6:5-18**



Some things are better done in secret. Jesus believed that was true for both praying and fasting. Jesus saw (and foresaw) how worldliness can creep into the Church. He instructed that true disciples practice their life and faith with pure heart motives.

**READ:**

Matthew 6:5-18 • Isaiah 65:24 • John 6:38

**DISCUSS:**

- What is prayer? What do you find helpful in enabling your prayer life to flourish?
- How is the Lord's Prayer a good framework to keep our prayers real, personal and not showy?
- Have you ever fasted? Why do you think fasting is often ignored/neglected among Christians today?
- What are some of the reasons/uses for fasting? Would you consider it? Who should know when we fast?
- We are all probably hypocrites in some way (even small ways) in our lives. How can we address this? How can we still be confident before God even though we are not perfect?
- Think about the various "spiritual disciplines" you engage in. Where do you most persistently or strongly experience the temptation "to be seen by others"? Is there a particular person/group you especially desire to be seen by? What can we do to practice spiritual disciplines with the right motives?

**PRAY:**

Pray that you will practice praying and fasting with pure motives.

**RESPOND:** Make it a practice this week of praying in a quiet place of solitude. Ask the Lord how He is leading you to fast either now or in the future.