

Fasting

January 16, 2022

Scriptures: Matthew 6:16-18

Bottom Line: Fasting is a powerful spiritual discipline

Matthew 6:16-18

"Now whenever you fast, do not make a gloomy face as the hypocrites do, for they distort their faces so that they will be noticed by people when they are fasting. Truly I say to you, they have their reward in full. But as for you, when you fast, anoint your head and wash your face, so that your fasting will not be noticed by people but by your Father who is in secret; and your Father who sees what is done in secret will reward you."

Jesus Encourages Us to Fast

Fasting is a dying to self in order to be filled with the Spirit

The way you hold your heart in the midst of carrying out a discipline matters to God

Four Purposes of Fasting

- Receiving Power
- Receiving Direction
- Appointing Leaders
- Deliverance Ministry

Fasting: Eat Less, Pray More

- Not just the removal of food, but the addition of the presence of God
- Fasting is a powerful tool that brings about both inward and outward change and breakthrough

LISTENING

Have someone in your group share something about their week. They could answer one or more of the following questions:

- What was a big challenge or problem you faced this week? How did you handle it?
- Where did you experience God this week? Or where do you wish you had experienced God this week?
- Based on your life experience this week, what do you think God is trying to teach you right now? What is He trying to build in you?

After the person shares, the group can respond. Make sure you let them know you heard them: tell them what you heard, offer wise advice where it's asked for, share from your own experience as well.

DISCUSSION QUESTIONS

1. Review Sunday's message. What stood out to you? What challenged you? Are there any lingering questions?
2. Have you fasted before? What was your experience like?
3. Is there something God is calling you to pray and fast for?