



Destroying Distractions

Spiritual Disciplines: Fasting
Matthew 6:16-18



Study Description

In Matthew 6:16-18, Jesus teaches about the spiritual discipline of fasting, emphasizing the importance of sincerity and humility in our practice. The passage highlights fasting as a means of seeking God's presence, rather than seeking attention or approval from others. This week, we will explore the spiritual discipline of fasting and its significance in deepening our intimacy with God and overcoming distractions.

Share: (5 Min)

- What's one thing that would be hardest to give up for one whole week? Why?
- Read Matthew 6:16-18 together.

Learn: (10 Min)

- This week we will be exploring fasting as a spiritual discipline. Has anyone fasted before? What was the experience like?
- What does Jesus teach us about the posture of fasting?
- Jesus says "when you fast," not "if you fast..." What implications does Jesus give toward this spiritual discipline? Do you think it is a necessary part of our walk with Christ? Why or why not?¹

Love: (10 Min)

- How has your relationship with Jesus been lately?
- What is something that has been hard to let go of lately? Feel free to share openly without judgment.
- How can fasting help you in your walk with Christ?

Live: (10 Min)

- Pick a day/time to plan out a time to fast together as a group. Maybe it is 12-24 hours before you gather for your next Life Group, and celebrate the fast with a meal together. Next time you meet, talk about your fasting experience!

Prayer (15 Min)

- Pair up with someone and individually pray for one another before breaking into Trios.

Trios: Split into same-gender groups of three and pick a text to discuss.² (15 Min)

1. What does the text say about fasting? When are the people in the text fasting?
2. Why do you think it was important for those people to fast in this text?
3. What can we learn about fasting from this text for our own spiritual walk with God?

¹ Remind your group that this topic of fasting can be incredibly sensitive toward those who have either eating disorders or bad relationships to food. Keep the conversation open and non-judgmental when discussing this question with your group, and be open to people's opinions without shutting others down.

² Joel 2:12-13; Matthew 4:1-2; Acts 13:2-3; Acts 14:23



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Feel free to take any notes in the space below.