



CONNECTION	Fasting In Secret
GROUPS	Matthew 6:16-18
NOTES	May 8, 2022

Pray:

Praise

- How has the Lord blessed your prayer life in the past few weeks? How has He answered your prayers?

Review (discussion points from Scripture & sermon)

- What is the issue Jesus is trying to address in Matthew 5:16-18?
- Sermon note - "Fasting is the temporary self-denial of some physical pleasure or comfort for the purpose of spiritual devotion."
- In what situations should we practice fasting? What is the purpose of doing that?
- Galatians 2:20 - *I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.*

Reflect

- Why is individual fasting a private activity in God's eyes?
- How would you understand fasting for the rewarding of the Father?
- How does the way of fasting reflect a person's trust, loyalty, and desire?
- Have you ever practiced fasting? How did the Lord bless you?

Respond

- Is there anything you would like to abstain from so that you would spend more time with the Lord?
 - Recommended reading - *A Hunger for God: Desiring God through Fasting and Prayer* / John Piper
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