



When You Fast...

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"Fasting is an exceptional measure, designed to channel and express our desire for God and our holy discontent in a fallen world." - David Mathis

- 1) What is your experience with fasting? What is it? Successes? Abuses? Is it a regular part of your Christian life?
- 2) Read Matthew 6:16-18. If you were not giving or praying how would you feel reading Jesus words? What does Jesus assume about Christians?

"Fasting is abstaining from any good thing for a spiritual purpose."
~Martyn Lloyd Jones

- 3) In the sermon, we talked about feasting getting in the way of fasting. It was a picture of our preference to give into our desires rather than fight them. Read Hebrews 12:15-17. How did Esau fall victim to feasting? How do you? Consider also Luke 12:22-23.
- 4) How did Jesus fast? What was the purpose? What was the benefit for you?
- 5) What do you think fasting will reveal about you? How does grace cover that?

"When we pray the Lord's Prayer, we ask God to give us this day our daily bread. And he does. The way he gives us our daily bread is through the vocations of farmers, millers and bakers. We might add truck drivers, factory workers, bankers, warehouse attendants, and the lady at the checkout counter. Virtually every step of our whole economic system contributes to the piece of toast you had for breakfast. And when you thanked God for the food that he provided, you were right to do so."

~Gene Veith

- 6) Reflect on the above quote. How does fasting and prayer grow our gratitude and awareness of our Father? What ought we pray for as we fast?

Take time to pray to our Father in heaven who sees in secret. Use the Lord's prayer as a guide.