

Fasting
Matthew 6:16-18
Pastor Nathan Hogan

Growth Group Questions

1. What immediately comes to mind when you think about fasting? Why?
2. Why do you think we often don't hear much about fasting?
3. What are some reasons people in the Bible fast? What are some common themes that you see?
4. How might we fast in ways that do not honor the Lord? How can we guard against these temptations?
5. Have you ever fasted before? What was that like? What did you learn?

6. How do you want to incorporate fasting into your walk with the Lord?

Next Week: Matt. 6:19-24

Resources:

Spiritual Disciplines for the Christian Life by Donald S. Whitney (NavPress, 2014). See chapter 9.

A Hunger for God by John Piper (Crossway, 1997).

Matthew 9:14-15

Then the disciples of John came to him, saying, “Why do we and the Pharisees fast, but your disciples do not fast?” And Jesus said to them, “Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast.

Luke 18:9-14

He also told this parable to some who trusted in themselves that they were righteous, and treated others with contempt: “Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, prayed thus: ‘God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.’ But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, ‘God, be merciful to me, a sinner!’ I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.”