

## **Kingdom Living: Fasting**

As preached on Sunday, November 1<sup>st</sup>

**Read:** Matthew 6:16-18

1. How would you define fasting? What are the three kinds of fasting that we discussed on Sunday?
2. What is the purpose of fasting? Is the purpose the same for both public and private fasting? If not, what is the difference?
3. Have you ever fasted? Describe the experience. What was the best part of it? What was hardest?
4. In v.16 Jesus describes a bad practice. What is it that “the hypocrites” are doing wrong? What are ways people do the same in our culture today?
5. In vv.17-18 Jesus describes a good practice. What is the difference between this practice and what was described in v.16? What are ways we can do this in our culture today?
6. If you were to begin a regular practice of fasting, what would you abstain from? How would you benefit from the discipline of fasting?
7. Take a moment to read Isaiah 58:3-12. What does this passage teach about fasting? What are God’s people encouraged to abstain from in vv.6-9? (Hint: it’s not obvious, but it is profound!)
8. As we finish our focus on Jesus’ teaching about private spiritual disciplines, how do you think you can sure to apply “the practice of secrecy” to your daily living?