DISCUSSION QUESTIONS

TODAY'S VERSES

Introduction

Jesus starts the Sermon on the Mount with the fact that we have been blessed. When we get to Chapter 6 of the book of Matthew He then explains how these very same blessings can become a distraction from our true mission when they become our focus. As people, we have mastered taking good things from God and perverting them, so much so that we have taken a blessing like food, and worshiped it. Through fasting

Psalms 42:1 Ecclesiastes 8:15 Nehemiah 8:10 Matthew 6:16-18 Joel 2:12-13 Jeremiah 17:10

we retreat for a period of time from some of these good gifts and seek Christ. Fasting is meant to refocus our affections and help us realize our reward is Christ, not in luxuries He brings us. Jesus gives very practical steps in how to use fasting to draw near to God and not further away from Him. He explains that fasting should be done in a way that doesn't lift ourselves. Fasting "in secret," and practicing this spiritual discipline the way God intended, helps us to understand more of our reward in being called to a life with and for Christ.

Discussion

What do you seek comfort in? (food, stuff, internet?)

Explanation

Have you ever fasted before? What was it from? Why are we more concerned with our garments than our hearts? - Joel 2:12-13

Capplication - Read Read John 4:34.

How would you describe the "work" that God has sent ou to do? How have the rewards you have been living for affected your life? – Matthew 6:18

Mission

How does living for the reward of life with Christ change your marriage, parenting, and workplace?

Homework - Read Matthew 6:5 Define what prayer is and how you do it?

Fasting 26 Matthew 6:16-18

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On The Mount

