

## SMALL GROUP QUESTIONS

- Jesus employs three examples of not practicing your righteousness before others (6:1)—giving, praying, and fasting. Why do you think he uses these three examples and which one was most impactful to you over the course of this chapter?
- Do you regularly fast as a part of your spiritual disciplines? Why or why not? If you have, how has fasting helped influence your walk with Christ?
- Matthew sets up this section about fasting in Matthew 4, where Jesus is said to have fasted before being tempted by Satan. Why is this important to introducing the theme of fasting in this chapter?
- Sermon question: What does authentic kingdom fasting look like?

## NEW KINGDOM LIVING

JESUS' LIFE IN OURS

## FAMILY QUESTIONS

- What is fasting and does it only involve food? What are other things a person can fast from?
- Why don't we want other people to see and notice us fasting, according to these verses?
- How does our God “who is in secret” reward us “in secret” (v. 18)?

## WEEKLY PRAYER

- Our Men & Women in Uniform
- Nate & Ginna Killoren, SIM USA
- Mike Edge, Elder
- Joy Radford, Interim FVCA Administrator
- Oil Change Ministry/New Commandment
- Faith Christian Church, New London
- Pray for those who do not yet have a personal relationship with the Lord Jesus. (Colossians 4:2-4)

## CROSS REFERENCES

Isaiah 58:3-7  
Matthew 4:2  
Matthew 5:12  
Matthew 6:2, 5-6  
Matthew 9:14f  
Acts 13:2-3

## SCRIPTURE MEMORY

“Yet even now,” declares the Lord, “return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments.”  
Joel 2:12-13a (ESV)

## WORSHIP THROUGH MUSIC

His Name Is Jesus (All Hail the Power)  
<https://youtu.be/5KVPxfUU-Go>  
God So Loved  
<https://youtu.be/UjcEapR7Ku0>