



# MISSION CITY

## BIBLE CHURCH

**DATE:** Sunday, April 24, 2022

**TITLE:** A Rewarding Fast

**SERIES:** ABIDE: Pursuing the Presence and Power of God for my Life

**PASSAGE:** Matthew 6:16-18

**BIG IDEA:** Glorify God in your approach to fasting

1. Fasting for the \_\_\_\_\_ produces a \_\_\_\_\_ reward from \_\_\_\_\_ . (v16)
2. Fasting for the \_\_\_\_\_ produces an \_\_\_\_\_ reward from \_\_\_\_\_ . (v17-18)

**Application:**

1. Start small.
2. Plan what you will do instead of eating.
3. Consider how it will affect others.
4. Try different kinds of fasting.
5. Fast from something other than food.
6. Don't think of white elephants.



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### **DISCUSSION QUESTIONS**

1. Have there been any situations in your life when you found yourself hopeless? Are you in that spot of hopelessness right now?
2. Did you fast and pray or fast and meditate on God's word in response to your situation?
3. Read Matthew 6:16-18. There are two types of fasts with two types of rewards. What are they?
4. Read Isaiah 58:1-14. What do you learn about the two types of fasting in this passage?
5. Do you fast? If not, why? If yes, do you fast to be seen by others or do you fast to be seen by God?
6. Read Matthew 6:1-18. What do you learn about hypocrites? What do you learn about God? How are you to act in giving, praying, and fasting?
7. Read Matthew 7:5, 15:7-9, 23:1-36. What do you learn about the hypocrites in these passages?
8. We are not much different than the hypocrites. From your answers in question #7, what area(s) do you struggle in like the hypocrites?

9. Jesus fasted at the start of his ministry. Read Matthew 4:17. What is it that Jesus began to preach? Take time right now to do just that trusting that God is quick to forgive.
  
10. Plan a time to fast with your small group to seek God and his rewarding presence. Remember, without a plan and a purpose it is not Christian fasting, it is just going hungry.