

Amen-Prayer & Fasting

Text: Matthew 6

Purpose: To show how Jesus modeled fasting and how it can help us experience God in a greater way.

Opening Question: *What is your favorite restaurant?*

Read and Discuss: Matthew 6

1. *What are Jesus' instructions for fasting in this text?*
2. *What are some misunderstood reasons for fasting? What can we expect to happen when we fast?*
3. *What is the reward that Jesus is talking about in verse 18? How does that reward impact your life, what does it look like?*
4. *How can fasting help curb consumerism/consumption?*
5. *Why would fasting be a good thing for your life? How would you fast?*