

# RL GROUPS

Grace | God-sized Vision | For Every Generation

Matthew 6

**16** “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. **17** But when you fast, put oil on your head and wash your face, **18** so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.



## Questions for Discussion

1. Read Matthew 6:16-18.
2. Jesus assumes we'll fast (which means abstaining from something, like food, for a period of time, often for a day, to dedicate yourself to prayer). Why do you think it's important to him?
3. Have you ever tried fasting? If so, what was it like? If not, what do you think about it?
4. When have things gotten in the way of your prayer life?
5. What might you give up for the month of October to pray for our world (suggestions include social media, desserts, caffeine, etc.).

Take time to pray for for one another.