

# 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. What does Jesus teach us in this passage?
3. What is your experience with fasting, or what do you know about it?
4. What does fasting do for our spiritual life?
5. If Jesus puts fasting on the same level of importance as prayer, why do you think it is so much less common?
6. Looking at Matthew 6 on the whole, what has been the focus of this section of the Sermon on the Mount?

Take time to pray for one another.