

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 6:1-18.
2. What does it mean for Jesus to say “When you give,” “When you pray,” and “When you fast” instead of “If...”?
3. What are the roles of fasting, praying, and giving in the lives of Christians?
4. What would it look like for you to approach these disciplines intentionally this year?
5. Why do you think Jesus says God will “reward” us for each of these practices? What rewards is he talking about?
6. How are you praying for God’s kingdom to expand in your life?

Take time to pray for one another.