



The Sermon on the Mount Application / Week 12

Matthew 6:16-18

- Fasting is voluntarily giving up food or any other regularly enjoyed, good gift from God, for the sake of a spiritual purpose.
- What has God done in your hearts this week as you thought through fasting for the sake of knowing Christ?
- How desperate are you for God's presence and help in your life?
- Is God your "go to" when you need help with anything? Or do you find yourself going to physical things in place of God in situations that only he can help in? What are these physical things?
- Have you identified a place you need to deny yourself for the sake of your relationship with God? Remember you can simply confess this to God, repent, and then receive his forgiveness!
- There is an expectation from Jesus for his followers that there will be times when they say no to the physical so that there may be a heightened awareness of the spiritual.
- Fasting is for seeking God, not impressing people. Where do you struggle with seeking the approval of man rather than the approval of God? To be seen by man, rather than the Lord?
- Fasting allows us to replace something physical with something spiritual. What can you give up, food or otherwise, to allow your souls to be more open to God?
- Fasting must be intentional and planned. Will you commit to a plan to fast as a spiritual discipline?
- Fasting demands we seek God's presence more than His action. Do you find yourself seeking God for His gifts rather than simply for Him, for a relationship with Him? How can you practically seek to change this? Remember the reward is being near to God Himself!
- The movement of God through fasting is possible, but the presence of God is promised!