

RHYTHMS:

Cultivating Spiritual Habits of Devotion



JULY 17 | STONE OAK CAMPUS

MATTHEW 6:16-18

Prepare Your Heart & Mind

Begin this time in prayer, confessing any sins you can recall, thanking the Lord for the gift of His Word, and asking for His Spirit to guide you in your time.



Reflect/Connect

- Use these questions for a time of individual reflection or to connect with others in meaningful conversation.

Grow in the Word

- These questions are designed as a guide for individual study and to foster spiritual conversation with a group of people.

REFLECT/CONNECT

- In what ways did your time in God's word change this last week, and what difference did it make?
- What comes to mind when you think about the act of fasting?
- What experience do you have with fasting as a spiritual exercise?

GROW IN THE WORD

Jesus provided instruction on fasting nestled within overall instruction about righteous living. In this overall instruction, Jesus gave an overarching warning to practice righteousness (including fasting) with the right motivation.

- How would you describe the motivation that Jesus teaches against in verse 16?
- How does Jesus' instruction on fasting redirect his listeners to the true purpose of fasting? See Daniel 9:2-6; Esther 4:16; Ezra 8:21-23 to get a picture of righteous fasting.

Jesus teaches his listeners what righteous fasting looks like and compares it to the unrighteous fasting commonly practiced in his time.

- What are the two elements of righteous fasting that Jesus describes in verses 16-18? Put Jesus' teaching here in your own words.
- What might it look like to fast like a "hypocrite" in our current day?
- What can you do to avoid fasting like this?

NOTES

Use this page for sermon notes, prayer requests,
or additional notes on the passage from your study.