HOPEFULLY

DEVOTED

**Fasting 3.0 – Acts 13:3**

**New Testament Style**

**How would you define the word hypocrite? What are your thoughts about the subject?**

**Jesus and the “When’s”, Matthew 6**

**In preparation for the questions below please read Matthew, chapter 6**

**Matthew 6 is one of the most well-known and well-loved chapters of the New Testament. It is part of Jesus’s pivotal Sermon on the Mount, which is found in Matthew 5-7. So much of Christ’s most important teachings on living are contained in these three chapters.**

**What three Christian disciplines are highlighted in the following verses?**

**Verses 2-3: The discipline of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Verses 5-15: The discipline of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Verses 16-18: The discipline of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Each of these sections begins with the words “When you ….” What does this tell you about Jesus’ expectation for His followers? What does this indicate to you when Jesus uses these words to preface His remarks about fasting?**

**What was a warning Jesus gave in verse 16 to those practicing fasting?**

**It was common in His day for the Pharisees to fast and put ashes on their heads to publicly signify their suffering and sacrifice. What ways do Christians today try to make their “holiness” known before others?**

**What instruction does Jesus give in verse 17 for the way He would like you to fast?**

**Who is to notice your fast?**

**What is the promise in verse 18 that accompanies this kind of fast, and how does this help or encourage you?**

**Verses 19-34 deal with prioritizing God as the first love in our lives. There are four “do not” commands given by Jesus. What are they?**

**Verse 19: Do not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Verse 25: Do not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Verse 31: Do not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Verse 34: Do not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Do you try to keep a regular appointment to pray, worship and read the word? If not, what can you do to change that?**

**How could giving, praying, and fasting help you grow in your ability to seek Him first (v. 33) and to trust Him more for your daily needs?**

**How would your life or demeanor change if you were free from worry, and who would be impacted by such a change?**