



HOME GROUP QUESTIONS FROM SERMON 22nd October 2023

FASTING **Matthew 6 v16-18**

Prepare

1. Where do you think you are in your faith journey? Are you growing in your faith? Is Christ Church moving forward in its corporate discipleship?

“Fasting” in the Bible

1. Look at these bible passages, the context in which fasting happens, and what they say about the application of fasting:
 - Leviticus 16 v29: concentrate on the word “afflict”
 - Nehemiah 1 v4
 - Nehemiah 9 v1
 - Ezra 8 v21
 - Acts 13 v2-3
 - Acts 14 v23
2. What does Jesus say in Matthew 6 v16-18? Compare attitude of Pharisees with what Jesus is saying.
 - How do you feel about the repeated “when you fast?”
 - What is Jesus saying that fasting is about?

Application of Fasting

1. Look at the temptation of Jesus in Matthew 4. How does “Man shall not live by bread alone but by every word that comes from the mouth of God” fit into your life?
 - How do you react to fasting being a “time to feast on the things of God”? Is that something you want to do?
2. Compare fasting with prayer (and what we learnt from previous week’s sermon). Why do you think we ignore fasting as a part of our discipleship?
3. Is fasting something you would consider? Especially in response to the “Prepare” questions?