



BEREAN
SMALL GROUPS

FOR THE GOSPEL
ROMANS 1:16

Thrive: The Role of Fasting

Matthew 6:16-18

Read Matthew 6:16-18 Together:

And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

Dig Deeper into the Text:

- ? Read Matthew 6:1-18. What is the exhortation from Jesus that begins this passage?
- ? What three Christian disciplines does Jesus address in this passage?
- ? What do you think Jesus means when he says that we will receive no reward from the Father if our goal is to have people “see” our righteousness?

Fasting is “Expected”:

Notice that Jesus says, “*When you fast . . .*” This leaves no doubt that Jesus expects his followers to fast.

- ? What is fasting?
- ? What is the goal of fasting?
- ? Must fasting only refer to food?
- ? What else could we temporarily give up fasting?

The Right Attitude in Fasting:

- ? What does Jesus say about fasting?
- ? Think about biblical stories that include fasting. In those stories, why do people fast?
- ? What is God’s response to their fasting? Why does he respond that way?

Reasons for Fasting:

- ? If you have fasted, what was your reason or motivation for fasting?
- ? How did fasting affect you spiritually?

Have a Plan for Fasting:

- ? If you have fasted, how did you plan for it?
- ? How long did you fast?
- ? What suggestions do you have for someone who chooses to fast? How can they make their time of fasting most practical and effective?
- ? What suggestions do you have for prayer during a time of fasting?