

# Discussion Guide

*Discussion Guides accompany the [weekly message](#).*

## **Opening Activity:**

What's something you've practiced consistently (sport, skill, habit)? What made it stick—discipline, desire, or pressure to perform?

## **Read:**

Matthew 6:1, 5-6, 16-18

Psalm 73:1-2, 16-17, 27-28

## **Discussion Questions:**

1. In Matthew 6:1, what warning does Jesus give about doing spiritual things in front of others? Why does that matter?
2. In Matthew 6:5-6, what is the difference between how hypocrites pray and how Jesus teaches us to pray?
3. In Matthew 6:16-18, what stands out about Jesus' teaching on fasting and motives?
4. What do these passages reveal about what God actually values most—our actions or our heart?
5. Psalm 73 shows someone wrestling honestly with God. What helped Asaph realign his heart and perspective?
6. Where do you see the tension in your own life between practicing your faith and performing it?
7. Why do you think recognition from people can feel good in the moment but still leave us empty?
8. What would it look like for your prayer life to become more about intimacy with God than being heard or noticed by others?
9. If fasting is about replacing something with God (not just giving something up), what could that look like in your real, everyday life?
10. What is one specific rhythm (prayer, fasting, time with God, etc.) you feel prompted to practice more intentionally—and what might be holding you back?

## **Challenge for the Week:**

Set aside 10-15 minutes alone with God at least three times this week—no phone, no distractions. Pray honestly and simply. Next week, be ready to share what shifted in your heart, not just what you did.