



Fasting Matters

Matthew 6:16-18
August 2, 2026

Fasting lead by the Holy Spirit does draw us closer to God and reveals the details of the things of God.

Answers to the fill in the blanks, extra Bible verses, and study questions:

Four Considerations of Biblical Fasting

Not If, But When Matthew 16:16a

Acts 13:2, 14:23; Esther 4:16; Daniel 10:2-3; Luke 2:37; Nehemiah 1:4

Be Careful of Hypocrisy Matthew 16:16b

Matthew 23

Between You and God Matthew 16:17-18

Matthew 6:6; Matthew 6:3-4; Psalm 86:1-17

The Reward of Fasting Matthew 16:18b

Isaiah 58:6; Joel 2:12; Ezra 8:23

Study Questions to Go Deeper with God:

What does Jesus teach about the heart behind fasting? *Read again Matthew 6:16-18. Jesus does not condemn fasting; rather, He condemns fasting done for the purpose of gaining the praise of others. Biblical fasting is an act of humble dependence on God, seeking Him above all else. As followers of Christ, our motivation should always be to glorify God rather than ourselves. Why do you think is it easy for spiritual practices to become more about appearances than genuine devotion? What motivations do you think should characterize biblical fasting? How can we cultivate a heart that seeks God's approval rather than people's praise? **Further study:** 1 Samuel 16:7, Psalm 51:16-17, Isaiah 58:3-9, Colossians 3:23-24*

How can fasting deepen our dependence on God? *Throughout Scripture, fasting often accompanies prayer, repentance, worship, or seeking God's wisdom. Fasting reminds us that our greatest need is not physical things but fellowship with God. It creates intentional space to seek His presence and align our hearts with His will. What do you think fasting teach us about our dependence on God? How might fasting help us focus more intentionally on prayer and Scripture? What situations in life might lead to a practice fasting as a way of seeking God's guidance? **Further study:** Deuteronomy 8:3, Matthew 4:1-4, Ezra 8:21-23, Acts 13:2-3*

Key Truth: *Biblical fasting is not about impressing people or earning God's favor; it is a grace-filled spiritual discipline that helps believers delight more deeply in Christ and depend more fully on the Father through the power of the Holy Spirit.*

A great article on fasting: <https://www.gotquestions.org/types-of-fasting.html>

A good teaching on reward of fasting: <https://www.desiringgod.org/messages/fasting-for-the-fathers-reward>