



PERSONAL REFLECTION QUESTION:

READ Matthew 6:9-13. Which line of the Lord's Prayer feels most meaningful to you right now, and why? How can we encourage and support one another in developing spiritual habits that move us away from being seen only by others, and toward sincere, joyful devotion to God?

PRAYER REQUESTS:

WEEKLY BIBLE READING PLAN

From the READ SCRIPTURE app, Available for both Android and Apple devices.

In the **READ SCRIPTURE** app, be sure to set your start date for January 1, 2026 in the app settings, and follow along with us!

- February 22: Deuteronomy 1-3 | Psalm 53
- February 23: Deuteronomy 4-6 | Psalm 54
- February 24: Deuteronomy 7-9 | Psalm 55
- February 25: Deuteronomy 10-12 | Psalm 56
- February 26: Deuteronomy 13-14 | Psalm 57
- February 27: Deuteronomy 15-16 | Psalm 58
- February 28: Deuteronomy 17-20 | Psalm 59



Sermon on the Mount

Living for the Kingdom

Matthew 6: 1-18 | **HOW DO I FAST & PRAY?**
Pastor Justin Carruthers | February 22, 2026

JESUS' REVOLUTION REVISITED

- Jesus has come to liberate His people from _____, and to lead us home to God. He has come to reclaim our _____, and to teach us how to be citizens in His kingdom.

Psalm 139:4

ON PRAYER

- Prayer is speaking _____ our Father, who _____ our needs.

THE POINT OF EVERYTHING

- God created a beautiful, habitable home in which to _____ with His people.

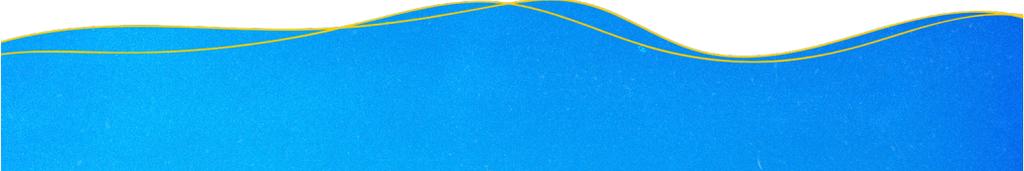
ON FASTING

- Fasting _____ the flesh to _____ the soul.

THE PLAIN MAIN THING

- Jesus succeeded where Adam failed. Therefore, we are _____ from performing righteousness, and invited to live our lives before na audience of _____.
- Jesus assumes His disciples will be _____, _____, and _____.

Matthew 5:48



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LIFE GROUP DISCUSSION QUESTIONS

GETTING TO KNOW YOU

1. If you were an ice cream flavor, what would you be? Why?
2. How do you deal with stress and hardships in life?

QUICK REVIEW

1. Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged, or confused you?
2. Jesus assumes His disciples will *give*, *pray*, and *fast*. Which of these disciplines feels most neglected in your life right now? What would it look like to practice it not out of guilt, but out of gratitude for what Christ has already done?

READ SCRIPTURE

READ Matthew 6:1-18.

1. How does this passage highlight God's presence in our world?
2. What does this passage say about our broken human condition?
3. How does this passage call me to make change in my life?

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FEBRUARY 22-28, 2026 | WEEK #6

DIGGING DEEPER

1. READ Matthew 6:1-4. In our devotion and spiritual disciplines, it is the attention of the Father that we should be seeking, rather than praise and honour from others. What is a spiritual discipline that you practice that has shaped your life in the Father's eyes, in a positive way?

• **READ 1 Samuel 16:7, Ephesians 2:8-10.** According to these verses, how might we discern when sharing a personal element of our faith honors Christ, or seeks praise and recognition from others?

2. READ Matthew 6:5-9. Three times Jesus says, "*when you pray*," leaving us with the impression that communicating with the Lord is not an option. Yet many Christians struggle with prayer in their spiritual rhythms. Why might that be? What barriers do you encounter?

• **READ Matthew 6:9-13.** We often treat The Lord's Prayer as a script that He gave us to pray. However, Jesus said, "*this is how you should pray*" (NIV) or "*pray like this*" (ESV). How might you use this prayer as a guide in your own prayers?

3. READ Matthew 6:16-18. Fasting hasn't been a spiritual rhythm that many have explored or committed to. What have you understood (or misunderstood) about the discipline? What questions do you have about it?

• **READ Isaiah 58:6-7, Joel 2:12-13, Ezra 8:21-23, Esther 4:15-16, Luke 4:1-2, & Acts 13:2-3.** These passages offer a variety of glimpses into biblical fasting. What principles do you see in these texts?

TAKING IT HOME

READ Matthew 6:4, 6, 14, & 18. Each of these four spiritual disciplines (giving, forgiving, praying, & fasting) have us focused on a singular audience – the Father. Does that encourage or discourage you to lean more into these disciplines? How so?

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