

## REAL RIGHTEOUSNESS: PART 3 FASTING

### MATTHEW 6:16-18

Perhaps the greatest hindrance to our work is our own imagined strength; and in fasting we learn what poor, weak creatures we are—dependent on a meal of meat for the little strength which we are so apt to lean upon.

-Hudson Taylor

#### I. Faithless Fasting

## II. Faithful Fasting

## Small Group Application Questions

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### *Getting to Know You*

1. Apart from deliberate fasting, what is the longest you have gone without food and why?

### *Into the Bible*

2. In this passage Christ is reproving those who made a show of fasting to gain a reputation of holiness amongst their peers. There are other and better reasons for fasting and praying. What seems the reason for fasting and praying in each of the following biblical situations: David in 2 Samuel 12:15-18, Nehemiah in Nehemiah 1:4-11, Daniel in Daniel 9:3-19 and the leaders of the church in Acts 13:1-5.

### *Application*

3. What should our countenance—our outward appearance—testify to at all times and why, even when we are deliberately fasting? Read Psalm 16:11 and John 16:22.

4. Is it appropriate to work for the rewards we are promised in heaven? Several crowns are promised to those who endure, who love Christ's appearing, etc. What about the statements here and in 2 Corinthians 5:10 and 1 Timothy 6:17-19?

*For Families*

5. Talk with your children about the importance of God being our Father.