

Questions for Consideration—With the Master on the Mount—Lesson 13—
Matthew 6:16-18—The Forgotten Discipline of Fasting

1. Read Matthew 6:16-18 along with Matthew 9:14-17. Why do you think Jesus mentions fasting in the Matthew 6 passage, but then tells the disciples in Matthew 9 that they won't need to fast until He is gone?
2. Memorize Matthew 6:16-18.
3. Consider the following passages and answer the following questions. You might want to make a chart with columns so it will be easier to fill out (a) Who is fasting? (b) What are they fasting for? (c) Where are they fasting? (d) How long did they fast? (e) What attitudes accompanied their fasting? (f) What were the results of their fasting? Exodus 34:28; Judges 20:26; 1 Samuel 1:9-18; 1 Samuel 7:6; 31:11-13; 2 Samuel 1:12; 12:16-23; 1 Kings 21:9-27; 2 Chronicles 20:3; Ezra 8:21-23; Nehemiah 1:4, 9:1; Esther 4:3-16; 9:31; Psalms 35:13; 69:10; 109:24; Daniel 6:18; 9:3; Joel 1:14, 2:12-15; Jonah 3:5; Matthew 4:2; Matthew 6:16-18; Matthew 17:21; Luke 2:36-38; Acts 10; Acts 13:1-3; 14:23; 27: 33, 1 Corinthians 7:5.
4. (a) What do you learn about the importance of fasting from the previous question? (b) Why do you think we do not fast more often? (c) What is most difficult about fasting and praying for you?
5. (a) Are you mourning over your own sin or the sin of another? (b) Are you facing a difficult trial? (c) Is your heart burdened over any matter? (d) In light of this lesson why not consider fasting and praying to seek the face of God?
6. What is your prayer after considering this lesson? Please write it down to share with others.