

HOLDING FAST

Matthew 6:16-18

For the week of March 3, 2024

1. Have you ever thought about or practiced a time of fasting? What are (or were) your thoughts about it?
2. What do you already know *from the Bible* about fasting?
3. In Matthew 6:16-18, how does Jesus describe the posture of the hypocrites who fast? How does He describe those who fast faithfully? Put both of these ideas in your own words.
4. In what ways can fasting identify and expose some of the appetites that may be distracting from more of Jesus?
5. What do you tend to run towards for comfort in times of pain? Why do you move towards these things?
6. Are there any practices you plan to fast from on Mondays in March? If so, what are they?
7. How can fasting help you experience more of Jesus?
8. What is the reward given to “*the hypocrites*” in Matthew 6?
9. What is the reward given to the faithful in Matthew 6? How does God reward those who minimize distractions to seek Him today?

