

# *Week 9: Prayer & Fasting*

**PASSAGE: MATTHEW 6:5–18**

## **READING FOR THE WEEK:**

Read Matthew 6 each day, with a slow focus on verses 5–18. Don't just read about prayer—pray as you read. Try writing out the Lord's Prayer and personalizing it line by line.

## **QUESTIONS & REFLECTION:**

- What distractions or habits keep you from spending time in prayer?
- Why do you think Jesus taught us to pray in secret?
- Which part of the Lord's Prayer resonates with you most right now?
- What's your current relationship with fasting—curiosity, resistance, experience?

## **PRACTICE WHAT HE PREACHED:**

**Fast from something this week.** Pick one thing that consumes your attention—food, social media, noise—and take a break. During that space, pray.

**BONUS CHALLENGE: EACH MORNING, PRAY THIS LINE BEFORE YOU DO ANYTHING ELSE: “YOUR KINGDOM COME, YOUR WILL BE DONE—TODAY, IN ME.”**

