

Fasting

Scripture: Matthew 6:16-18, 9:14-17

1. How to fast – Matthew 6:16-18

a. Don't be a hypocrite – v. 16b. Wash your face – v. 17c. Receive your reward – v. 18

2. When to fast – Matthew 9:14-17

ONE THING

Let your hunger from fasting, remind you of a homesickness for a greater presence of God and His kingdom effect in your life.

Life Group Guide

For the week of August 17, 2025

"... train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come." (1 Timothy 4:7-8 ESV) Eight Habits of a Transformed Life is a sermon series that invites us to explore the foundational spiritual disciplines that help believers deepen their relationship with Christ. Each week focuses on one key discipline, offering biblical insight, practical application, and encouragement to adopt it as a lasting spiritual habit.

1. What comes to your mind when you think about the topic of fasting?
2. What tends to have mastery over you and therefore diminishes your desire for God?
3. Fasting walks arm in arm with prayer—as John Piper says, fasting is “the hungry handmaiden of prayer,” who “both reveals and remedies.” Think about prayer, from last week’s sermon, and the Bible passages from this week. How do prayer and fasting go together?
4. Read Psalm 73:25-26. What could you fast from to increase your desire for God?

ONE THING

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