

SERMON NOTES

July 18, 2021

**Matthew 6:16-18** | Trent Thompson

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**When, Not If, You Fast**

**Fasting So You Lose Your Great Reward**

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**When, Not If, You Fast**

**Fasting So You Lose Your Great Reward**

## DISCUSSION QUESTIONS

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1. Did you learn anything new, or were you reminded of anything helpful, regarding fasting as we reflected on Matthew 6:16-18 together?
2. Have you had any experience with fasting? If so, what have been the benefits and challenges of that experience? If not, what has kept you from fasting?
3. There are numerous things Jesus could teach us about fasting in the Sermon on the Mount. Why do you think He chooses to focus on not drawing attention to ourselves when we fast?
4. Why are we tempted to want to appear godly to others more than actually being godly? Can you think of ways, other than fasting, that we might seek to do this?
5. We don't have a mandate to fast with certain frequency, but it is a helpful spiritual discipline. It is also a good thing to do in response to difficult circumstances in our lives. Are there any current situations you are facing where fasting would be called for?

### Matthew 6:16-18

<sup>16</sup>“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. <sup>17</sup>But when you fast, anoint your head and wash your face, <sup>18</sup>that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

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