

4.17.16 Primer

Matthew 6:16-18

Hear the Good News:

“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. But when you fast, anoint your head and wash your face, 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.

(Matthew 6:16-18 ESV)

The Point:

You were made to crave so much more than the world has to offer. Fasting sharpens and strengthens your godly affections as you long to be satisfied in God alone.

Quote:

[Fasting] reveals the measure of food’s mastery over us — or television or computers or whatever we submit to again and again to conceal the weakness of our hunger for God. And she remedies by intensifying the earnestness of our prayer and saying with our whole body what prayer says with the heart: I long to be satisfied in God alone!

- John Piper, When I Don’t Desire God

Embrace the Good News:

1. What was your big takeaway from Sunday’s message?
2. Read Matthew 6:16-18
3. According to this passage, what does fasting teach us about God?
4. What does fasting teach us about ourselves?
5. Why are people tempted to fast for the wrong motives?
6. What are good motives for fasting?

Live the Good News:

1. How does this passage impact the way that you live out the Good News in your home and in your relationships with friends and family?

- a. Parents: How can you model these truths to your kids and help them to understand these complex concepts?
2. How does it impact the way that you weave the thread of the gospel as you interact with your church family? In our local community? To the ends of the earth?