

Fasting for the Glory of God

Matthew 6:16-18
Small Group Questions
WEEK OF APRIL 12-18, 2026

- (1) Read Matthew 6:1-8, 16-18 together.
 - (a) What are the three examples Jesus gets into to help us relate to our Father well? (i.e., vv 2, 5, 16)
 - (b) Why do you think that these three specific examples are important in our spiritual life?
 - (c) What is fasting?
 - (d) How is fasting (v 16) different from giving (v 2) and prayer (v 5), specifically as it relates to God's commands?

- (2) What were the main reasons surveyed in the sermon for when fasting may be appropriate?

Select some of these passages that give examples of fasting and discuss which of these reasons each fits into:

Mark 1:12-13	Leviticus 23:27-32
Acts 13:2-3	Exodus 34:28
Daniel 9:1-5	Judges 20:26
Acts 14:23	1 Corinthians 7:5

- (3) How did the Pharisees fast in a way that was abhorrent to God?
 - (a) Read Isaiah 58:1-5 together. What do we learn here about the kind of fasting (or other "spiritual" acts) that God hates?
 - (b) How do you think we find ourselves tempted to worship or serve God in similarly self-focused ways?
- (4) What are the marks of God-glorifying fasting in verses 17-18 and in Isaiah 58:6-10, and how do they promote God's glory instead of ours?
- (5) What was one take-away from this passage that the Holy Spirit impressed upon you?