

the mount.

the most influential sermon in history

Not If You Fast But When

IceBreaker

- Describe your summer thus far in one word.

Discussion Questions

1. Why do you think Jesus expects His followers to fast (Matthew 6:16-18) rather than command them directly?
2. What does this suggest about the role of fasting in the life of a Jesus follower?
3. Have you ever fasted before? If so, from what? How long? Do you think you were strengthened spiritually?
4. According to Jesus, there's a difference from fasting for God and fasting for attention. What other things do we tend to do for attention when it comes to matters of faith?
5. In a culture that avoids discomfort, what do you think is the biggest barrier to fasting today?

Next Steps

- Think thru the potential and benefits of a fast in the near future.