



Bible Study Questions

27th October 2024

Matthew 6:16-18

Introduction

Do you have something that you must have on a regular basis? Something to start your day, something you always take on holidays (I always travel with Vegemite), a special pillow or ritual to help you sleep?

If you are able, watch and show the Bible Project 90 second clip on fasting - <https://bibleproject.com/explore/video/passage-insight-purpose-fasting/>

Read & Reflect

Read Matthew 6:16-18 at least twice using different versions of the Bible. As you read or listen to the words, reflect and share on the following:

- What stands out or what do you notice?
- What questions are raised for you?
- What challenges you?

Questions

Twice now Jesus has warned his disciples (and us) not to be “hypocrites” and he does this a third time in Matthew 6:16, “...do not look somber as the hypocrites do...”

- What is meant by or what is a ‘hypocrite’?
- Why is being a ‘hypocrite’ a problem for Jesus?
- What might a ‘hypocrite’ look like today and what impact might they have on the message of Jesus?

Andrew Murray in his book, “**With Christ In The School Of Prayer**” (in his chapter on Fasting), says that Jesus teaches us two lessons about deep faith: “*The one, that faith needs a life of prayer in which to grow and keep strong. The other, that prayer needs fasting for its full and perfect development*”. Murray goes on to say that: “*Prayer is the one hand with which we grasp the invisible; fasting, the other, with which we let loose and cast away the visible*”. (Note: This chapter is included with these notes)

- How does the image of grasping the invisible and letting go of the visible help with the concept of fasting?
- How might fasting help our prayer life?
- Jesus urges us to fast (as well as to give and pray) in secret (Matthew 6:17-18). Why? What benefit would that be?

Application

- Has fasting been a spiritual discipline that you have or are practicing? If so, share your experience.
- Would you consider fasting? What would you fast from?
- How might fasting draw us closer to God and deepen our faith?

Bonus Link to the book “With Christ In The School of Prayer” - <https://www.ccel.org/ccel/m/murray/prayer/cache/prayer.pdf>



Book Link



Fasting Video Link