

4. Read Matthew 6:16-18: "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you." What do you takeaway from this passage?

5. What powerful stories have you seen in yourself or heard from others related to fasting?

6. How might you implement fasting more regularly into your rhythms of life?

Meeting Jesus

"The Forgotten Practice"

Matthew 9:14-17

The Forgotten Practice of _____.

"The spiritual discipline of fasting can bring breakthroughs in the heart and mind that will not happen in any other way. It is a means of God's grace for the continuing formation of the human personality into the likeness of Christ." - Richard Foster

How does this forgotten practice change your life?

1. Provides a pathway to God's _____.

"This Man (Jesus) suddenly remarks one day, 'No one need fast while I am here.' Who is this Man who remarks that His mere presence suspends all normal rules?" - CS Lewis

"Fasting is an expression of our longing for God, and an exposure of what we would want instead." - John Piper

Fasting is ultimately about experiencing and being with _____.

"Fasting confirms our utter dependence upon God by finding in Him a source of sustenance beyond food." - Dallas Willard

Where is God leading you with your BLESS list this week?



2. Resets our rhythms to reorient our _____.

"When we practice the spiritual disciplines, we discover how deep runs our commitment to our own autonomy and comfort, and how addicted we are to the approval of others, the sound of our own voice, and the satisfaction of our appetites." -Andy Crouch

"We fast for many reasons. We fast because it reveals the things that control us. We fast because it helps to give us balance in life. We fast because there is an urgent need. Most important of all, we fast because God calls us to it. We have heard the [the voice of the Lord] and we must obey." - Richard Foster

3. Shapes your spirit through your _____.

"Jesus is a teacher who doesn't just inform our intellect but forms our very loves. He isn't content to simply deposit new ideas into your mind; he is after nothing less than your wants, your loves, your longings." - James KA Smith

Rhythms _____ our loves, wants, and desires.

Rhythms _____ our loves, wants, and desires.

Resources:

John Mark Comer's Practicing the Way

<https://www.practicingtheway.org/companion-guides>

Personal Reflection & Small Group Questions

Please complete this study on your own, then bring it to your small group for discussion.

1. Looking back over your notes from this week's sermon, what particularly caught your attention, challenged, or confused you?
2. Is there anything you used to do when you were younger that want to bring back into rhythm into your life today?
3. Read Matthew 9:14-17. How do you think the disciples were feeling when John's disciples asked Jesus this question?