



Chapter 6:16-18

Matt. 6:16 “Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward.

Matt. 6:17 But you, when you fast, anoint your head and wash your face,

Matt. 6:18 so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

Observations & Discussion

1. Vs. 16 (“fruitless fasting”) – according to Jesus why was the fasting of the hypocrites (the Pharisees) of no spiritual value?
2. Vs. 17-18 (“fruitful fasting”) - what type of fasting does the Father reward?
3. What does “fruitful fasting” accomplish? (provide scripture – hint: see Matt. 17:15-21 for one example).
4. List some people in the Bible who fasted (provide scripture address) & why he/she fasted.
5. How can you practice the spiritual discipline of fasting if you have a medical condition that requires you to eat? (ex. Hypoglycemia).
6. Vs. 17 sounds like an imperative - have you ever fasted? Are there any issues in your life that might benefit from fasting? If so, what are they (share only if you’re comfortable doing so).