

*“Guard your heart above all else, for it determines the course of your life.”*  
Proverbs 4:23 (NLT)

## 1. What is fasting?

*“When you fast, do not look sullen like the hypocrites, for they make their faces unattractive so that people will see them fasting. I tell you the truth, they have their reward.”*

Matthew 6:16 (NET)

## 2. What \_\_\_\_\_ does it have on God?

*“But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.”*

Matthew 6:17-18 (NLT)

## 3. How do I do it?

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## Small Groups Questions – Week 3

1. As you go through an average day, what kinds of things do you tend to crave? Do you usually feed that craving?
2. Have you ever intentionally denied yourself something that you wanted? What good came from making that decision?
3. The memory verse for SCF's current teaching series is Proverbs 4:23. Has anyone in your group memorized it? How have you seen the truth of this verse displayed in your life recently?
4. Throughout the Old Testament, people fasted from food both individually and as a group. Based on the following verses, what was the purpose of fasting? Judges 20:26-27, 2 Chronicles 20:3-4, Nehemiah 1:3-4.
5. What might be some other reasons a person would fast?
6. At Sunday service, Pastor Scott talked about other kinds of fasting besides fasting from food. Have you ever participated in that type of fast? What were the benefits?
7. Read Matthew 6:16-18. What does this say about the attitude of fasting? How would you know if you are fasting with the right motives and heart attitude?
8. What do you think Jesus means when he talks about rewards in these verses?
9. Read Hebrews 11:6. How do you “diligently” or “sincerely” seek God? How could fasting play a role in seeking God that way?
10. How are you personally challenged by this discussion? What is a way you could apply the spiritual discipline of fasting in your life?
11. SCF's elders are fasting and praying this week for the financial health of SCF. Please spend some time together as a group, praying for the same.