



**A Worship Study Guide for Individuals, Groups and Families for the week of February 27, 2022**

**Fasting**

*This week, Pastor Steve Shelby preached from [Matthew 6:16-18](#)*

<sup>16</sup> “And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. <sup>17</sup> But when you fast, anoint your head and wash your face, <sup>18</sup> that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

- **What is fasting?**
- Jesus sets up a contrast in this part of the Sermon on the Mount. **How would you describe this contrast?**
- In these verses, **what is going on in the heart** of each kind of person fasting?
- We are about to enter the church season focused on fasting and repentance: the season of Lent. It is so much easier to fast from certain foods than it is to turn from idols of the heart. **Have you ever given up or set aside something simply because you belonged to your Heavenly Father?** What was that like? What was **hard** about it? How did the Holy Spirit use it to **grow you** in His grace?
- Fasting can give us an opportunity to learn how weak we are, and how good it is to rely on our Heavenly Father, who loves us. Is there something **Jesus is calling you to give up for a season to learn joyful dependence on your Father?**
- Fasting can help us practice not only giving up bad things (sin), but also giving up good things (righteousness) to recognize that our Heavenly Father is greater. Is there some good thing **Jesus is calling you to turn from for a season that you might know your Father is greater?**
- Remember that the One teaching on fasting **set aside His glory for a season for the glory of His Father** ([Matt 4:1-11](#); [Phil 2:1-11](#); [Hebrews 12:1-2](#)). How does the **Gospel strengthen you for fasting and sacrifice** in your life?
- **Pray together** in light of this week's passage.