



PREACHING CURRICULUM

FASTING MATTHEW 6:16-18

'... We must control our material possessions so that they do not master us. ...'

1

REVIEW THE SERMON

Why were some of the people in Jesus' audience fasting for sinful or selfish reasons?

What are the rewards that God gives His people when they practice the discipline of fasting?

2

ASSESS YOUR LIFE

Do you practice spiritual disciplines? Do you fast? How and why?

What sin/situation/issue in your life might require you to fast in order to obey God?

3 APPLY THE TRUTH

How can your practice fasting more regularly and for specific purposes?

What do you need to give up in order to obey God and fulfill His purposes for you? _____

We must control our material possessions so that they do not master us.

What is fasting?

Fasting is the spiritual discipline of abstinence from food and possibly drink, in order to honour God.

Why do we fast?

1. To break free from sin
2. To solve problems
3. To crush fear
4. To meet needs
5. To improve health

4 COMMIT THIS WEEK

How can you commit to practicing fasting regularly and intentionally this week or in the near future? _____

5 PRAYER REQUESTS/PRAISE REPORTS

DATE: _____

PERSON	REQUEST	ANSWER/PRAISE REPORT