

## “A Hunger for God” Matthew 6:16-18

THE POINT: Christians are \_\_\_\_\_ to fast.

### **A primer on Fasting – the introductory ABC’s**

#### **A** \_\_\_\_\_ of the Fast –

1. Definition:
2. Descriptions:
3. Discipline:

#### **B** \_\_\_\_\_ of the Fast –

1. S \_\_\_\_\_ prayer
2. S \_\_\_\_\_ to God
3. S \_\_\_\_\_ from distraction

#### **C** \_\_\_\_\_ of the Fast –

1. Be \_\_\_\_\_ - no hypocrisy
2. Be \_\_\_\_\_ - no hype
3. Be \_\_\_\_\_ - not hollow

### **Questions for Small Group discussion or personal reflection:**

RESPONSE (being “doers” of the Word – James 1:22)

- ☐ Find a partner or two: \_\_\_\_\_
- ☐ Select a purpose: \_\_\_\_\_
- ☐ Make a plan...the day/the duration:

Matthew 6:16-18

1. From what you have heard in the message this week, how would you define ‘fasting’?
2. Have you ever fasted? If so, what was your experience? If not, what has kept you from fasting?
3. What are the benefits of fasting? Are they enough to motivate you to fast?
4. What common distractions in life would fasting help you bypass or overcome as you hunger for God?
5. Is there something or someone for whom you are hungering more than God?

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***From TRUTH through TRACTION to TRANSFORMATION:***

What did God say to you today? [Assess]

What will you do about it? [Address]

With whom will you share this...and when? [Apply]