



“The Discipline of Fasting”

Matthew 9:14-17

SERMON NOTES

Record your insights and observations from this week’s sermon:



KNOWING GOD

- a) Read Matthew 9:14. Who were John's disciples? How were they different than Jesus' disciples (Mt. 11:18-19)? Why did they ask Jesus this question?

- b) Read Matthew 9:15-17. What did Jesus mean in His reply in v. 15? What were the responsibilities of the bridegroom's attendants? Does Jesus encourage us to fast today (see Mt. 6:16; Acts 13:1-3)?

- c) Read Zechariah 7:1-10. Who were the people of Jerusalem fasting for? When we fast, why is it important to keep quiet about it (See Mt. 6:16-18)?

- d) How will fasting help you know God better?



GROWING TOGETHER

a) John Piper writes: “Fasting reveals the things that control us...We cover up what is inside us with food and other good things, but in fasting these things surface. The issue is anything and everything that is, or can be, a substitute for God.” Reflect upon a time when you fasted or rested. Describe what this experience was like?

b) We tend to think of fasting as going without food, but we can fast from anything. What is something you can fast from this week?

c) Rather than patching up the traditional practices of righteousness within religious Judaism, Jesus has come to offer real growth in kingdom righteousness (Mt. 9:17). How can we help each other grow in kingdom righteousness?



SERVING OTHERS

- a) How can fasting help you serve your spouse, friends, parents, etc.?

- b) In Scripture, there were fasts that were called in times of group or national emergency (Joel 2:15; 2 Chronicles 20:1-4; Ezra 8:21-23). What are things in East Orlando, America, and the world that UPC should unite and fast over?

- c) Richard Foster says, “In our modern society, many men and women are largely ignorant of the practical aspects of fasting.” What can you do to share this important discipline with others?

