



get started

Why is prayer so mysterious? Why is fasting such a foreign concept today for many people?

reflect

Who taught you about prayer? What influences have you had in your life that have shaped your view of prayer?

dig

Read Matthew 6:5-15. What is the warning Jesus gives about prayer? What was Jesus teaching his disciples about prayer?

Read Matthew 6:16-18. What is Jesus warning the disciples about when it comes to fasting? What is Jesus teaching about fasting?

What is fasting? Isaiah 58 gives background to the discipline of fasting. According to Isaiah 58:5-7, what is the purpose of fasting?

What part of the Lord's Prayer touches your heart in a specific way at this moment?

Have you ever considered fasting? If you had a reason to fast, what would it be? How would you plan a fast day?

breakout

Based on Matthew 6, what are steps you can take to be intentional in your prayer life?

Why not take the step of fasting? What is stopping you?

If you are with a Community Group, take time to pray the Lord's Prayer together. If you are not, find someone to pray with today. Share requests with one another and then pray the Lord's Prayer together.
