

Why Don't You Fast?
Matthew 9:14-17

Review:

1. The self-denial of fasting does not somehow earn God's favor, and it is not appropriate for Christians to fast out of fear of God's judgment
2. Fasting continues to be a way of Christians putting God first in our lives, demonstrating that He is our top priority as we seek His face in prayer.
3. Instead of fasting at a prescribed time of the year, we should fast from different distractions whenever we want to draw closer to God, expressing our love and devotion to Him

Go further: Read Leviticus 23:26-32; Matthew 6:16-18; Acts 13:1-3

1. On what day did God tell His people to celebrate the Day of Atonement?
2. In Leviticus 23:27, what did God say should happen on this day?
3. What did God tell the people not to do on this day?
4. What did God say in verse 29 would happen to those who did not afflict their souls?
5. What did God say in verse 30 would happen to those who worked on the Day of Atonement?
6. In verse 32, when did God say that the resting and fasting should begin and end?
7. In Matthew 6:16, how did Jesus say that the hypocrites behave when they fast?
8. Why did Jesus say they acted in this way?
9. In verse 17, how did Jesus tell His followers to act when they fast? Why did Jesus say they should behave this way?
10. In verse 18, how did Jesus say the Father would respond to this sort of fasting?
11. How many prophets and teachers does Acts 13:1 say were in the church at Antioch?
12. How does verse 2 describe their behavior? What did the Holy Spirit say to them while they were doing these things?
13. In what four ways did the people respond to the Holy Spirit's statement in verse 3?

Apply:

1. How have you practiced fasting in your own spiritual life? How has this kind of fasting affected your relationship with God?
2. What sorts of things tend to keep you from spending more time in prayer? Which of these things can you set aside for a time to draw closer to God?