

Summit Group Reflection Questions

January 3, 2010 - Matthew 6:1, 16-21

1. Do you agree that this passage implies the fact that Jesus expects his disciples to fast? Why or why not?
2. Do you have any personal experience with fasting? Do you regularly practice any form of self-denial? If so, share your experience if you are willing.
3. Fasting most commonly refers to going without food for a set period of time. Why is going without food perceived as a spiritual practice?
4. What are some other things, besides food from which we could fast? What would the spiritual benefits be of these forms of self-denial?
5. What are some of the ways that we, individually or corporately, do our “acts of righteousness” for the attention of others rather than the attention of God?
6. Why do you think that fasting, unlike prayer and charitable giving, is not a religious practice that is observed by most professing Christians?