

Praying and Fasting to Please God

Matthew 6:5-18

Sermon Discussion Questions

August 6, 2023

1. Spend some time sharing instances in which you have seen God's answer to prayer. What kind of attitudes did you have while you spent time in prayer for that thing? How long did you pray, what kept you going, did you do anything alongside of praying that help guide your prayers? What about when God hasn't seemed to answer a prayer, what temptations have you faced?
2. Do you struggle to understand the purpose of prayer if God already knows what you need? How has this sermon helped you think through this?
3. What are some of the things that you need to leave on "the other side of the door" while you are praying; what are the things, tasks, people, practices, etc. that tend to distract you the most during your times of prayer? How have you struggled to block out distractions and concerns during prayer? Where have you excelled in this issue?
4. Are you someone who is comfortable praying out loud? If you are not, why? How does this teaching reinforce or challenge this? If yes, why? How does this teaching reinforce or challenge this?
5. Where do you need to say "here I am, how can I help the cause?" instead of "hey God, can you take care of that for me?" How does this change our heart attitudes in our prayer? What are some of your current prayer requests? What are some of the ways you can bring yourself, others, and God into action?
6. What have been your previous conceptions or misconceptions of fasting? How have you seen this practice used or misused in your life or the life of the church?
7. Have you seen how fasting can help you to close out the world, open up the door to God, and bring God and others into the action? How? If you feel comfortable doing so, share with your group what you are fasting from this week so others can encourage you and hold you accountable.