



Kingdom Culture

sermon on the mount series

Sept 10th

PERSONAL REFLECTION OR GROUP DISCUSSION

MATTHEW 6:16-18

1. In Matthew Chapter 6:16-18, Jesus talks about fasting in secret. Why do you think he emphasizes secrecy in spiritual practices like fasting? How might this principle apply to other aspects of our faith and daily lives?
2. What is the significance of Jesus using the phrase "anoint your head and wash your face" when discussing fasting? How does this instruction challenge our motivations and attitudes towards acts of devotion and self-discipline?
3. Jesus implies that fasting should not be done for show or to gain recognition from others. How can we balance sharing our faith and experiences with maintaining humility in our spiritual practices? What are some practical ways to avoid seeking validation from others?
4. Jesus promises that those who fast in secret will be rewarded openly by God. How does this concept of God's rewards differ from seeking validation or rewards from society? What are some examples from your life where you've experienced spiritual rewards that were unexpected or beyond your initial intentions?
5. Fasting is often associated with denying oneself physical sustenance. In what ways can this practice help us become more attuned to our spiritual needs and our reliance on God? How might it lead to a deeper connection with our faith and a greater sense of dependency on divine strength?
6. Beyond the act of fasting itself, how might the principles laid out in Matthew 6:16-18 extend to other spiritual disciplines? Can you think of examples where the underlying message of sincerity, humility, and seeking God's approval applies to prayer, charitable acts, or personal growth?