



STUDY GUIDE

How Is My Prayer Life? (Part 2)

WEEK OF January 6, 2019

Matthew 6:16-18

CONNECT

1. What impacted you the most from Sam Houston's message?

GROW

2. Read Matthew 6:16-18. What would your working definition of fasting be?

3. Connect Matthew 6:18 with praying in private in Matthew 6:5-6. Why does Jesus return to the principle of doing this in private?

- 4. Read Ezra 8:23. What are other disciplines connected to fasting?**
- 5. How does fasting further the ability to seek God's guidance?**
- 6. Often we are told in the bible that fasting was used to seek God's protection and comfort. (see 2 Chronicles 20:3-4) Why do you think that this would be? What are things in our lives that we can use for comfort rather than trusting in God?**
- 7. Fasting is connected with repentance. Where in the Bible do you see this being the case? Connect the two.**
- 8. Why is it important to consider fasting before doing anything that you desire to see the Lord's will in that endeavor? If you have done this, what were the results?**

9. Read Isaiah 58:1-5. What was wrong with the way that the Israelites fasted?

GO

10. In what areas of your life do you think fasting would help?

11. Usually, the earthy comfort we rely on the most is what we should fast from the most. What do you think you need to give up to achieve this end?

12. What do you think your biggest fear with regards to fasting is, and what can you do to overcome that fear?