

Adult Impact Study Sheet

March 19, 2023

If possible, read **Matthew 6: 16-18** from several translations.

For additional insight go to www.studylight.org and www.gotquestions.org.

1. In Jesus' teaching in chapter six, we've seen Him say, "When you give" (6:2) and "When you pray" (6:5). Now He says, "When you fast" (6:16). What do you infer from His use of the word *when*?
2. When Jesus taught about these disciplines, why didn't He just instruct the people on how to carry them out? Why did He refer to the hypocrites?
3. Discuss these three statements¹ by Warren Wiersbe:
 - Hypocrisy robs us of reality in Christian living.
 - Hypocrisy robs us of spiritual rewards.
 - Hypocrisy robs us of spiritual influence.
4. What is the biblical purpose in fasting?
5. It was mandatory for Jewish people to fast once a year, on the Day of Atonement (Lev. 23:32). Can you think of other times in Scripture where it refers to people fasting? Discuss why they fasted and what was accomplished.
6. Fasting (by abstaining from food) may be a challenge physically for some with health concerns. Are there other ways to fast, abstaining from something to focus on God in prayer?
7. "The most important part of a Christian's life is the part that only God sees."² Discuss that statement.

Look at the backside of this study sheet for comments by Chuck Swindoll on motives.³

¹ The Wiersbe Bible Commentary NT, 23

² Ibid, 23

³ *What's Your Motive*, Pastor Chuck Swindoll, March 3, 2023

Next week: Romans 12:1-2, 1 Corinthians 6:19-20

WHAT'S YOUR MOTIVE?

I ask [this question] almost every day of my life. It has proven to be an essential checkpoint I now apply on a regular basis:

[These are] searching, probing, penetrating questions.

Why are you planning this?

What's the reason behind your doing that?

Why did you say yes (or no)?

What is the motive for writing that letter?

Why are you excited over this opportunity?

What causes you to bring up that subject?

Why did you mention his or her name?