

# GAME CHANGER

WEEK 2 | FASTING | MATTHEW 6:16-18; 9:14-17

## INSPECTION: WHAT DOES IT SAY?

What warning did Jesus give in Matthew 6:16 about fasting?

What reminder did Jesus give in Matthew 6:18 about our Heavenly Father?

What criticism did the disciples of John the Baptist have of Jesus' disciples in Matthew 9:14?

In Matthew 9:15, what event did Jesus suggest would predicate fasting for His disciples?

What was the new wine being poured into new wineskins in Matthew 9:17?

## OBSERVATION: WHAT DOES IT MEAN?

Read Luke 18:9-14 and Matthew 5:20. What do these passages mean?

Why would Jesus command that fasting be done in private? Matthew 6:18

How can Satan use the spiritual disciplines as a platform for self-righteousness?

According to Jesus in Matthew 4:4, God's Word is more important than food. Why?

Why is prayer often connected to fasting? Is one more important than the other?

## LIFE APPLICATION: WHAT DOES IT MEAN FOR ME?

Read Daniel 9:1-19 and consider how Daniel's prayer applies to our lives.

Consider how sackcloth and ashes are connected to fasting. Psalm 69:11

Have a Word of God salad, main course, and dessert in place of physical food.

Read Matthew 25:1-13 and Matthew 9:14-17 on the Bridegroom's coming.

Provide a meal for someone who is hungry. Do it in the name of Jesus.

## MEDITATION: WHAT DOES GOD SAY?

2 Samuel 1:12

Acts 13:2

Acts 14:23

Exodus 34:28

Joel 2:12-13

Nehemiah 1:4

2 Samuel 12:15-17

Isaiah 5:3-7

## SUPPLICATION: WHAT CAN WE MEDITATE?

### Living for Jesus

Living for Jesus, a life that is true,  
Striving to please Him in all that I do;  
Yielding allegiance, glad-hearted and free,  
This is the pathway of blessing for me.

Living for Jesus who died in my place,  
Bearing on Calv'ry my sin and disgrace;  
Such love constrains me to answer His call,  
Follow His leading and give Him my all.

Living for Jesus, wherever I am,  
Doing each duty in His holy name;  
Willing to suffer affliction and loss,  
Deeming each trial a part of my cross.

Living for Jesus through earth's little while,  
My dearest treasure, the light of His smile;  
Seeking the lost ones He died to redeem,  
Bringing the weary to find rest in Him.

O Jesus, Lord and Savior, I give myself to Thee,  
For Thou, in Thy atonement, didst give Thyself for me;  
I own no other Master, my heart shall be Thy throne;  
My life I give, henceforth to live, O Christ, for Thee alone.

**Thomas O. Chisholm 1917**