

The Forgotten Fast

Matthew 6: 16-18

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Prayerfully read Matthew 6:5-18. Look for words that are emphasized or repeated. Why do you believe Jesus made such a strong connection between prayer and fasting?

What repeated phrase in this passage suggests that fasting is not an option?

Why are believers to be secretive about fasting?

Why do you believe this spiritual discipline is seldom discussed in Christian circles?

What spiritual benefits did Pastor Scott share that we receive from fasting? Can you think of others?

For what reason could you take time to fast this week?

What specific steps could you take this week in order to gain a better understanding of fasting?

From Celebration Of Discipline, by Richard Foster.

Where are the people today who will respond to the call of Christ? Have we become so accustomed to "cheap grace" that we instinctively shy away from more demanding calls to obedience? "Cheap grace is grace without discipleship, grace without the cross." Why has the giving of money, for example, been unquestionably recognized as an element in Christian devotion and fasting so disputed? Certainly, we have as much, if not more, evidence from the Bible for fasting as we have for giving. Perhaps in our affluent society fasting involves a far larger sacrifice than the giving of money.

His quote is from; Dietrich Bonhoeffer, The Cost of Discipleship (New York: Macmillan, 1959), p. 47.