

## A fork in the road

<sup>16</sup>When you fast, do not be sombre like the hypocrites, for they disfigure their faces to show men they are fasting.

Truly I tell you, they already have their full reward.

<sup>17</sup>But when you fast, anoint your head and wash your face,

<sup>18</sup>so that your fasting will not be obvious to men, but only to your Father, who is unseen.

And your Father, who sees what is done in secret, will reward you.

Matthew 6:16-18

### **The road . . . . . travelled, v16**

. . . . . is sought

. . . . . is found

### **The road . . . . . travelled, v17-18**

. . . . . is sought

. . . . . is found

### **The road . . . . will travel, v16-18**

My path is . . . . .

Personal pronoun in v16...

Personal pronouns in v17-18...

### **Fasting for . . . . .**

Do not allow anyone to...

However, Acts 13:2-3

Be careful to provide what your...

1 Corinthians 6:19

Be positive about...

Isaiah 58:3-7

If you focus on what you are...

eg. New Year's resolutions

Begin with...

(personal example from Lent)

Be specific about what you are...

(another personal example)

Be prepared that you may...

2 Samuel 12:17-23

Remember, fasting is only...

Isaiah 58:3-7

Fasting can be used for...

Be disciplined

## **My prayer priorities for this week**

S 10 Mary F. Myanmar Morning Tea.

M 11 Jean H

T 12 May. Taina

W 13 Aida, Axel

T 14 Paula & Paul

F 15 Diane J

S 16 Joan J

S 17 Lyn K

## **Thought starters for personal reflection or group discussion**

1. Have you ever fasted, or given up something for Lent? Was it easy to maintain?
2. We are not commanded in Scripture to fast. So, why would anyone want to fast?
3. Did the hypocrites (v16) get what they wanted?
4. How can fasting be valuable if no one knows I am fasting, 18a?
5. Suggest some advantages, and disadvantages, of people not being aware of your spiritual discipline.
6. The Father will reward us for our fast, 18b. But Jesus does not say what reward we will get. What are possible (or impossible) rewards from fasting?

## **Tithes and offerings** (Target: \$2,700 per week)

At the bank, LifeChurch Panania. BSB: 034 866. Account: 005 008 757.

Online, LifeChurch Panania. BSB: 704 922. Account: 005 008 757.

## **Donations to mission in Myanmar** (Target: \$1,000 per month)

Account name: LifeChurch Panania. BSB: 032 260. Account: 422732.