

Tunisia!



Scripture (NLT):

Matthew 6:1, 5, 9-13, 14, 16, 19, 24c

Isaiah 58:3-7, 9

Questions:

1. How can going without food or certain types of food for a period of time affect our relationship with God?
2. Are there other types of fasts where a person might go without something in order to know or hear God better?
3. What do these passages from Isaiah and Matthew say about the practice of fasting? Were the people in the Bible who were practicing fasting from food, obeying God?
4. What about today? What about us?
5. How can you and me (adults and children) practice fasting that is pleasing to God?
6. If we take care of our family, friends and neighbors, is there ever a time when fasting from eating or something else we do regularly might still be important to our relationship with God?