

Prayer & Fasting



Spiritual Disciplines - Prayer & Fasting - Relying on God Beyond the Physical

6.7.2026

Matthew 4:1-4; Matthew 6:5-13; Philippians 4:6-7

Connect with One Another

- What are you thankful for this week?
- What has you stressed out this week? What do you need for things to be better?

Circle Back

- What did we talk about last week?
- Did you change anything in your life as a result of last week's passage?
- Did you get a chance to share the passage with the people you identified last week? If, so how did it go? If not, why not?
- Did you get a chance to share the gospel or have a spiritual conversation with any of the people you have been praying to come to faith? If, so how did it go? If not, why not?

Gain Context

- Who wrote this passage? _____
- Who was it written to? _____
- What is the style of this writing? _____
- When did the events take place? _____
- When was it written? _____
- Where are the locations related to this work? _____
- Why did the author write it? _____

Study Scripture

- One person read Matthew 4:1-4; Matthew 6:5-13; Philippians 4:6-7
- Another person, retell the passage in your own words.
- Ask everyone, "Do you agree with the retelling? Why or why not?"
- Another person, read the passage again. Don't rush, take your time.

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Discussion Questions

1. Go through the passage verse by verse. How does this passage help me to know God better? (Create a list)
2. Go through the passage verse by verse. How is this passage asking me to follow Jesus better or in a new way? (Create a list together, then identify one that God is bringing to the front of your attention.)
3. Through this passage, how do I believe God is wanting to transform me in a new way?
4. Who am I going to tell about this passage and why do I think they would benefit from it?
5. Pair up, and practice telling the other person about the passage, as you might the person you just mentioned.

Prayer Time

Who are your Top Two? The two people in your life, whom you don't think know Jesus, but you think you can have the most influence in coming to know Him.

Spend time praying together and for one another. Use our Prayer Guide found in the Worship Center on Sunday if you would like. Use the lines below to write down things to pray about throughout the week.
