

The Heart of the Matter (Sermon on the Mount – Lesson 13)  
(Fasting - Mt. 6:16-18)

July 7, 2019

1. Define fast or fasting. \_\_\_\_\_  
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2. What is stated in Leviticus 16:29 that could include the idea of fasting? \_\_\_\_\_  
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3. List some experiences in life that would naturally lead to fasting. \_\_\_\_\_  
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4. Why did Hannah not eat (1Samuel 1:7)? \_\_\_\_\_  
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5. Why did the children of Israel fast in Judges 20:26? \_\_\_\_\_  
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6. Why did David fast in 2Samuel 12:16? \_\_\_\_\_  
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7. Why did the people fast in 1Samuel 31:13 and for how long? \_\_\_\_\_  
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8. What was the reason for fasting in Acts 13:1-3? \_\_\_\_\_  
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9. Are we commanded to fast? \_\_\_\_\_
10. Do you think it would be an acceptable practice for the elders to set aside a time for us to fast? \_\_\_\_\_
11. What is the main lesson to learn from Matthew 6:16-18? \_\_\_\_\_  
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