

# LIGHTHOUSE GROUP PREP HANDOUT

When You Fast – Matthew 6:16–18

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## Main Idea

Fasting reveals what we truly hunger for and calls us to pursue God with a sincere heart, not perform for others.

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## Read Ahead

Matthew 6:16–18

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## Prepare Your Heart

Take a few minutes before group to reflect honestly. Don't rush this.

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## Discussion Questions

1. When you look at your life right now, what do your habits say you hunger for most?

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2. Where do you see yourself “nibbling at the table of the world” instead of pursuing God?

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3. Why is it so easy to do spiritual things for the approval of others instead of for God?

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**4. Have you ever had a season where you looked spiritually strong on the outside but knew your heart wasn't right? What was going on?**

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**5. If you were to fast from something this week, what would actually expose your dependence or distractions the most?**

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**6. How can you tell the difference between genuinely walking with God and subtly trying to be noticed for it?**

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**7. Why do you think Jesus emphasizes what happens "in secret" so strongly?**

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## **Carry It Forward**

**What's one thing God impressed on you tonight that you want to carry into this week?**

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## **Optional Personal Reflection (Before Group)**

**What is one distraction you could remove this week to pursue God more intentionally?**

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