



Don't Look Now 2 – Don't Look Somber When You Fast
Spiritual Formation Guide

We hope you'll use this guide to take the teaching from Sunday's service and reflect on it with a few friends or with a group. If you have questions or want to talk more about how to take a next spiritual step, contact us at info@wschurch.org.

Scripture:

16 "And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. 17 But when you fast, comb your hair and wash your face. 18 Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you."

Matthew 6:16-18

2 "The teachers of religious law and the Pharisees are the official interpreters of the law of Moses. 3 So practice and obey whatever they tell you, but don't follow their example. For they don't practice what they teach. 4 They crush people with unbearable religious demands and never lift a finger to ease the burden.

5 "Everything they do is for show...."

Matthew 23:2-5

3 But when you give to someone in need, don't let your left hand know what your right hand is doing. 4 Give your gifts in private, and your Father, who sees everything, will reward you.

Matthew 6:3-4

Reflection Questions:

- What are you most tempted to brag about?
- What stood out to you from the service and the sermon on Sunday?
- Read Matthew 23:2-5. When do you find yourself doing things more for show?

- Read Matthew 6:16-18 slowly. Read it again, but from a different translation (use biblegateway.com if you need access to the NLT, Message paraphrase, NASB, NKJV). What words or phrases stand out to you?
- Jake shared this: WHY we do the right thing, matters more than actually doing the right thing. Do you agree? Why/why not?
- Read Matthew 6:3-4. What's one way that you can do something this week in secret? Get practical.
- Jake shared three questions to ask yourself before you share something:
 - Does this honor God or myself?
 - What's my emotional state?
 - Do I need to share this?How might reflecting before sharing help?
- What is God calling you to do in response to Jesus' teaching and this message? Who can you share with this week about this?

Looking for some ways to grow and be stretched spiritually? Check out our highlighted resources at www.wschurch.org/resources. These resources can be purchased using the links or are available for a small donation at the Next Steps area on Sunday mornings. This summer, we're looking to slow down and be with Jesus. At the resource page linked above, find lots of ideas for a *summer slow down*.