

For the week of December 1, 2019

Preacher: Paul Taylor

Worship God With Your Body

13th week in the series: *Blessed Are*

Matthew 6:16-18

For the last three weeks, we've seen Jesus address issues of worship. He has talked about giving in secret and praying in secret. In our passage this morning, he discusses how to fast. This could be a new topic for many of us, but perhaps there are things we can learn about worshipping God as whole people. Jesus will teach what it means not just to worship with our souls, but how we can worship God with our bodies.

Discussion Questions:

1. What are some modern reasons that people fast which aren't very helpful?
2. Have you encountered the kinds of hypocrites Jesus calls out in this passage — who fast in public to show off their spirituality?
3. What do you think about the idea of fasting as a response to something rather than as a tool to accomplish some goal?
4. Have you ever tried to fast as a spiritual practice? What was your experience?
5. What are some ways you personally can incorporate your body more fully into worship?