

## **Kingdom Citizens –The Sermon on the Mount-Lesson 13**

### **Women of Grace | GraceLife Church**

*For if you forgive others for their transgressions, your heavenly Father will also forgive you. But if you do not forgive others, then your Father will not forgive your transgressions.*

*“Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head and wash your face so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you. --Matthew 6:14-18*

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### **Day 1—Verse 14**

*For if you forgive others for their transgressions, your heavenly Father will also forgive you. -- Matthew 6:14*

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1. How does this verse follow up with vs.12? How significant is it if Jesus is emphasizing it again?
2. What does it mean to forgive, and why should we forgive others?
3. Is forgiveness of others optional? Why or why not?

4. Read James 2:18, 20. How do these verses help us to understand what Jesus is saying here?

5. In your own words, what do these verses teach us about forgiveness?

a. Psalm 103:12

b. Matthew 18:21-22

c. Mark 11:25

d. Ephesians. 1:7

e. Ephesians 4:31-32

f. Colossians 3:13

g. 1 Peter 4:8

h. 1 John 1:9

**Heart Check:**

- Is there anyone that you are struggling to forgive? Anyone you refuse to forgive? What must you do if this is the case?

**Day 2—Verse 15**

*But if you do not forgive others, then your Father will not forgive your transgressions.*  
--Matthew 6:15

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1. How might Psalm 66:18 and Prov. 28:13 help us understand this verse?
2. How might Matthew 5:3, 7, and 9 be important when we pray this portion of the Lord's Prayer?

3. Some teach that verses 12 and 15 are saying that God will not forgive us at all if we don't forgive others. How does Ephesians 2:4-10 refute that idea?
4. Read Romans 5:8-9 and Eph. 2:8-9. When and how are we saved?
5. Why is God not forgiving us when we engage in the sin of unforgiveness a mercy and grace?
6. How can you apply what you have learned about prayer to your own prayer life?
7. Summarize in your own words how Jesus is teaching us to pray.

### Heart Check:

- Write out a prayer that focuses entirely on the forgiveness given to you in Christ and all He has forgiven you for.
- If you are refusing to forgive, it may be an indication you do not know Christ. We urge you to seek salvation today! Turn from your sin and believe on Christ!

### Day 3—Verse 16

*“Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. --Matthew 6:16*

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1. Jesus begins this section with “Whenever you fast...”, just as he said “When you give...” (vs. 2) and “When you pray...” (vs. 5). Are we then required to fast just as we are required to pray and give? Why or why not?
2. Define fasting.
  - a. Why might we fast?
  - b. Are there valid reasons not to fast from food?

- c. Is fasting only about not eating or might it be also applicable to other areas of our lives?
  
- 3. How does the culture's view of self-denial compare with the Bible's teaching on self-denial?
  - a. Is fasting merely about self-denial?
  
- 4. Why did those who put on a gloomy face do so?
  
- 5. Why are we so prone to seek the attention of others?
  
- 6. What must we do when we are tempted to seek the attention of others?

**Heart check:**

- Are there any sins or struggles in your life that a fast might be helpful in dealing with?
- Are there times where you are outwardly mourning so others will notice?

**Day 4—Verse 17**

*But you, when you fast, anoint your head and wash your face. --Matthew 6:17*

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1. Where in the Old Testament was Israel commanded to fast?
  - a. Where in the New Testament are we commanded to fast?
  - b. Why did Jesus command that they anoint their heads and wash their faces?
2. How does the command in this verse apply to us today?

- a. How might we act today that is contrary to this command?
  
- 3. What should we do when we fast?
  
  
  
- 4. Is fasting ever without prayer?
  
  
  
- 5. Read 2 Chronicles 20:1-4; Ezra 8:21; Dan. 9:3-5; Joel 2:12-13; and Acts 13:1-3. From these verses, what are some of the reasons that people in the Bible fasted?
  - a. Can you list any others?
  
  
  
  
  
  
  
  - b. What can we learn from their example?



**Heart check:**

- When you practice spiritual disciplines, do you do them to please God or for the attention that you receive from others?

**Day 5—Verse 18**

*so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you. --Matthew 6:18*

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1. Why should we not want others to see what we do for the Lord?

2. What are the rewards from our Father for fasting?

3. What should be our motives for fasting?

4. What should the attitude of our hearts be when we fast?

5. Fasting is often called the “forgotten spiritual discipline”. Do you agree with this statement? Why or why not?
6. What might be wrong motives to fast?
7. According to Matthew 9:14-15, why did the disciples not fast when Jesus was with them?

**Heart Check:**

- Is fasting a regular practice in your life?
- Do you have the proper view of fasting?
- How can this lesson help strengthen your desire for greater faithfulness in this area?
- Are you walking through a time of sin, sorrow, or deep trial? Could fasting be a means you turn to in your hour of need?
- Does your desperate need of Christ lead you to fast?

**Dig Deeper:**

1. <https://www.gty.org/library/bibleqnas-library/QA0151/is-fasting-a-command>