

Series: Habits of Grace  
Sermon: Prayer & Fasting  
Speaker: Edwin Perez

### **Daily Readings**

Monday: Matthew 6:5-18

Tuesday: James 5:13-18

Wednesday: Ecclesiastes 5:1-7

Thursday: John 16:23-27

Friday: Nehemiah 4:1-11

Saturday: Luke 11:1-13

### **Discussion Questions**

1. Have someone in your group read Matthew 6:5-18, and give a brief recap of Sunday's message, highlighting the main idea of the message.
2. How did this message strengthen and/or correct your previous ideas about prayer and fasting? Was there anything you heard for the first time or that caught your attention, challenged, or confused you? Did you learn anything new about God or yourself this week?
3. How can pride manifest in our prayer and fasting habits? Can you think of a time when you might have unintentionally displayed pride in spiritual discipline? How might this affect your relationship with God and others?
4. How does private prayer differ from public prayer in its impact on our spiritual growth?
5. Reread Matthew 6:7-8. Jesus warns against "babbling" in prayer. What does this mean, and how can we ensure our prayers are meaningful?
6. Share some practical ways to cultivate a consistent and meaningful prayer life. What has worked for you or what new practices do you want to try?
7. How has fasting helped you grow spiritually in the past? If you haven't fasted before, what are some of your concerns or questions about it?
8. What challenges have you faced when trying to fast? How did you overcome them, or what support do you need to start fasting?
9. How do prayer and fasting complement each other in deepening our relationship with God?
10. What action step do you need to take in response to this week's message? How can your group encourage you and hold you accountable to this step?

### **Action Step**

Commit to practicing the Habits of Grace over the next six weeks! Visit <https://thechapel.com/habitsofgrace/> for weekly challenges and resources.

How are you, your friends, and your family currently putting these habits of Grace into practice? We want to hear from you! [Share your habits!](#)