

Giving, praying, fasting

Matthew 6:1-18

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What warning does Jesus repeat over giving, praying, and fasting, and what reward does he promise?

2. What does it show me about people — and about myself?

Which of the three do you most tend to do for an audience — and which have you dropped altogether?

3. What will I obey this week? (a concrete step, with a day)

Give something in secret this week — money or practical help to a specific person in need — and tell no one but the Father.

4. Who will I tell?

Without giving away the secret, who could you invite to pray the Lord's Prayer with you this week?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Father who sees in secret, wean me off applause. Let my giving, my praying, and my fasting be for your eyes alone.

NEXT STUDY Treasure, and the eye

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