

Lesson 12 — FASTING AND PRAYER, Part 2 — THE PROPER METHODS OF FASTING AND PRAYER — Isaiah 58

1. Read Matthew 9:14-15 and paraphrase in your own words what Christ says.

2. Read Isaiah 58. (a) In what good things was the "house of Jacob" involved? (b) Despite these good things, why wouldn't God answer their prayers? (c) How does this compare to what Christ says in Matthew 23:14?

3. God says in Jeremiah 14:12 that when the people fast, He will not hear them. (a) Skim Jeremiah 14 to see why God would not hear them. (b) How does this compare to the Isaiah 58 passage?

4. (a) What was God's question to the people of Zechariah 7:5? (b) Why did God question their sincerity according to Zechariah 7:8-14?

5. (a) Would you say there is any form of hypocrisy in your life? (b) Would your spouse or others say there is any form of hypocrisy in your life? (c) In light of this lesson, what will you do to put off all hypocrisy? (See Galatians 5:16, Colossians 3:5, and 1 Peter 2:11 for some help.)

6. Having considered these passages, why is it important that our lives be holy, especially as we fast and pray?

7. I would like to encourage you to spend time fasting and praying. What part of fasting and praying is difficult for you? Come with a prayer request to share.