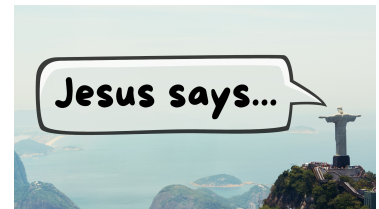


Jesus Says – When you practice – Giving, praying and fasting.

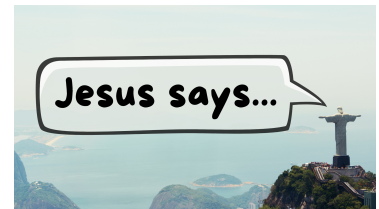


You can view this video and get a guide to the passage at <https://bibleproject.com/videos/warnings-about-religious-practices>

Questions

1. What does Jesus opening “When you fast, pray, give...” stir up in you?
2. What practices work for you, what ways has God given you to draw near?
3. In Jesus’ day, what did it mean to be a hypocrite?
How is this the same or different from what a hypocrite is today?
4. Why does Jesus encourage private generosity and secret prayer?
5. What might you start, stop, try or develop as a result of this theme?

BONUS CONTENT – Practices!



Have you tried fasting, praying, giving. In what ways are they part of your practice?

Fasting – this could be going without food for a set amount of time (sunrise to sunset is a good mid-range start or simply miss lunch to pray). Or giving up something else you enjoy to make space and sharpen focus: might God call you to fast screen time, alcohol, a particular show or something else?

Praying – fixing regular time to pray is a great start here. Morning, midday or evening is the pattern many Christians have held over the centuries. Lectio 365 www.24-7prayer.com/resource/lectio-365 has short, led prayer for these 3 times. If you are starting from standstill perhaps just pick one of these, once you have given something a try you can tweak, develop, and enjoy discovering how you like to pray!

At Kairos we gather for 9:30am prayers Mon – Thursday and we pause to pray the Lord's Prayer at midday.

Giving – again just giving this a go is a great way to start. Getting a regular, habitual (and secret) pattern of giving is good. Sometimes it's also good to go on bigger journeys of generosity. I've enjoyed giving silly amounts and seeing God's generosity multiply. For that kind of giving, it's definitely a good idea to do some process with a trusted friend before acting.

Want more on Practices? John Mark Comer's Practicing the Way is a great starting point. There's a book and loads of other resources at <https://www.practicingtheway.org>

Rich Villodas' The Narrow Path (www.eden.co.uk/christian-books/spiritual-growth/discipleship/the-narrow-path) is a brilliant introduction to the sermon on the mount and finishes with 6 practices to live out Jesus' teaching. They are:

- #1 Meditate on Jesus' Teachings
- #2 Hunger and Thirst for Righteousness
- #3 Speak Truthfully
- #4 Pray for enemies
- #5 Offer silent generosity
- #6 Surrender Anxiety

Hear him talk about the book on the renovare podcast here: <https://renovare.org/podcasts/lifewithgod/rich-villodas-the-narrow-path>