

BEING WITH GOD IN QUIET

MATTHEW 6:6

CHURCH GROUP SERMON DISCUSSION GUIDE – JANUARY 14, 2024

SCRIPTURE READING

Matthew 6:6 ESV

6 But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

SERMON RECAP

The most important part of your life is the part that no one else sees.

1. Set aside a time to meet alone with God
 - Find a place, where no one sees, and with no distractions
2. Set aside time to PRAY
 - Praise - Focus on God for who He is.
 - Repent - Pause and confess your need for God's Grace
 - Ask - for unplanned and unplanned things that God may bring to mind or things you or others need
 - Yield - Pray for God to lead, guide, direct your life
3. Set aside time to FAST
 - Focus on God
 - Abstain from Food
 - Substitute the time with prayer and God's word
 - Taste and see that God is good

DISCUSSION QUESTIONS

Observation: What does the passage say?

1. Read Matthew 6:6 aloud as a group. Let group members share observations. Try not to move into interpretation of the passage or application of what you read quite yet. Simply share what you observe.
 - What should be our posture in prayer? Is it possible for us to pray and yet be wrong in how we do it? Matthew 6:6
 - What does the passage say about fasting? Matthew 6:16-18
 - What are some unhealthy practices that Jesus warns us about prayer and fasting? Matthew 6:5; Matthew 6:7-8; Matthew 6:14-15; Luke 18:9-14
 - How would you summarize Matthew 6:6 in your own words?

Interpretation: What does the passage mean?

1. Why is it important to set aside time to pray and fast? What can we learn from Jesus' life about prayer? Matthew 14:23; Luke 6:12; Luke 9:28
2. What does it mean to meet with God in secret? Why is this important? Matthew 6:6; Isaiah 26:20
3. Why does Jesus encourage us to pray to God as Father? How does this impact your time alone with God? Matthew 6:9; Romans 8:14-15; Romans 8:32
4. What is the reward waiting for us in prayer? Jeremiah 9:23-24
5. What are some reasons for fasting? Nehemiah 1:3-4; Psalm 34:8; Psalm 63:1-5; Luke 2:37

Application: How can we apply this passage to our lives?

1. When and where each day over the next 21 days are you going to spend time alone with God in prayer?

- Is there a step deeper that God is calling you to in prayer over the next 21 days?
- 2. When and how in the next 21 days are you going to fast?
 - Is there a step in fasting that God is calling you to go deeper over the next 21 days?
- 3. As a Church Group Family, set aside some quiet time to reflect and pray about these questions.

LEADER NOTES

ALL CHURCH PRAYER GATHERING | As a reminder, we'll be meeting at 7pm on Friday night in the Smith Center for late night prayer. We encourage church groups to attend and sit together if possible!

CREATING SPACE TO PRAY DURING GROUP | This week, you might consider creating some space during your group time for members to pray on their own (if your meeting space will allow for that). Are there some creative ways you can create 30-60 minutes where people can spend some one-on-one time with the Lord, during your meeting this week? Giving people the chance to spend some extended time alone might help jump start this discipline for those who might be hesitant or just need some time to practice. If your group has a rhythm of just men and women meeting on different weeks, that might afford a better opportunity for this intentional time as well. If you do give people some space, you could re-group towards the end of your gathering to process how that time went. Feel free to check out more resources at mcleanbible.org/21days.

SERVE AT NIGHT TO SHINE | MBC Tysons is hosting Night to Shine 2024 on Friday, February 9 from 5-10 pm. Night to Shine is an unforgettable prom night experience, centered on God's love, for people with special needs, ages 14 and older. Volunteers are needed to serve as hairdressers, makeup artists, food servers, and buddies for each guest. Sign up [here](#) to serve no later than January 22. Contact [Caleb Barnhart](#) with questions.

