



“We are journeying unto the place of which the LORD said, I will give it to you: come with us, and we will do you good...”  
-- Numbers 10:29

## Book Study – Matthew 6:16-34

*Fasting – Treasures in Heaven – Do Not Worry*

### Before We Begin Our Journey...

1. What is your all-time favorite meal?
2. If you were stranded on a desert island...what three possessions would you choose to have with you?
3. What are your top two or three worries?

**DESERT ISLAND LIST**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### Do Some Digging and Pre-planning...

4. What harsh name did Jesus give to people who made a public show of their fasting? Why? (6:16)
5. Who should know about an individual’s fasts? Why? (6:18)
6. What did Jesus say about wealth (treasure) (6:19-20)
7. Jesus talks about the single eye, light, darkness, service to a master. What is going on here? (6:21-23)
8. Why should we take great comfort from the way the animal and plant kingdoms operate? (6:26)
9. What benefits does worry bring? (6:27)
10. What should be our priorities in this life? (6:30)

Your Notes: \_\_\_\_\_

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### Sort, Organize, Gain Understanding...

11. Why is it tempting to show others that you are fasting?
12. What is the advantage of keeping your spiritual disciplines secret?
13. How can we "store up . . . treasures in heaven"?
14. In what ways can you master your money?
15. God is in control. Why do we worry so much about so many things?
16. What is the difference between planning for the future and worrying about the future?
17. What can help you entrust your worries to God?

### Application for the Journey...

18. Use Bible resources and Google to research “fasting” this week.
19. How could you make an investment in eternity today?
20. Plan to turn worry into trust and rest in God’s reality this week.

*A prayer for your journey... “Lord Jesus, as I walk through this coming week, help me prepare for my journey by reading my Bible more regularly, seeking help as I need it from my Christian friends and focusing on the needs of others instead of myself. Help me to demonstrate my faith by stepping into the unknown, untried, and untested areas of my life.” -Amen*