

# Prayer And Fasting

Matthew 6:5-8,16-18

Faith Portal Church

**STAR**

Unit 4 Lesson 6

## Focus Verse

“Men ought always to pray, and not to faint.” – Luke 18:1



## Closer Look

Jesus explains that when we pray, we should not do it to be seen by others. Some people like to pray loudly in public places so everyone can see how “holy” they are, but Jesus says that this is not right. Instead, Jesus tells us to go to a quiet place, like our room, and pray to God in secret. God, who sees everything, will listen to us. Jesus also says we do not need to use a lot of fancy words when we pray. God already knows what we need before we even ask. Jesus later talks about fasting, which is giving up food or something else for a time to focus on God. Jesus says that when we fast, we should not make a big show of it by looking sad or telling everyone about it to get praise. Instead, Jesus tells us to wash our face and look normal, so only God knows we are fasting.

These teachings from Jesus remind us that our relationship with God is personal and should be sincere. We do not need to show off our faith to others. What matters is that we are honest and humble before God, knowing that He alone sees and understands everything we do.

# Questions

1. What do we do when we pray? Why is prayer important?
  
2. What does fasting mean to you? Why is fasting important?
  
3. What do we get when we pray to God in faith?
  
4. Should we do anything only to be seen by people? Why, or why not?
  
5. Why do we still pray if God knows everything that we need?

## Prayer And Fasting

Y	V	W	B	F	A	L	I	M	J	A	A	D	W	HYPOCRITES
B	T	N	S	E	U	G	O	G	A	N	Y	S	Y	SYNAGOGUES
J	E	B	S	N	P	S	G	W	P	T	P	H	R	SHUT YOUR DOOR
E	R	O	U	U	S	H	O	S	R	M	D	U	U	REWARD
H	C	E	S	N	D	T	V	G	L	B	I	T	F	SEES IN SECRET
T	E	N	E	E	Y	L	N	E	P	O	S	Y	A	HEATHEN
O	S	U	A	D	T	G	A	V	S	Y	F	O	T	FATHER
F	N	U	Q	N	R	I	S	E	A	Z	I	U	H	COUNTENANCE
T	I	X	D	H	E	A	R	T	O	V	G	R	E	DISFIGURE
S	S	D	T	L	R	T	W	C	B	K	U	D	R	OPENLY
J	E	T	E	C	B	J	N	E	O	E	R	O	G	
Z	E	T	Q	Y	T	U	K	U	R	P	E	O	L	
O	S	H	E	A	T	H	E	N	O	B	Y	R	S	
J	A	Z	B	L	U	Q	W	X	I	C	Q	H	H	

## Discovery

### Vocabulary Search

Find FIVE new words in the Bible text and write their meanings on the line.

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### THINK ABOUT IT!

Monday	Matt 6:5-6
Tuesday	Matt 6:7-8
Wednesday	Matt 6:16-18
Thursday	Matt 17:14-16
Friday	Matt 17:17-18
Saturday	Matt 17:19-21



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