
Matthew Chapter 6

☐ 1. Warm-up (5-10 min)

Choose one:

- a. What is the first thought that comes to your mind when you think about poor people? Why do you think that is your first thought? Do you wish you had a different attitude towards the poor?

- b. How do you think most people treat the poor? Do you think this is good or bad? Do you think most poor people choose to be poor in some way? Why/why not?

☐ 2. Engaging the Chapter (15-20 min)

This chapter features more of the Sermon on the Mount where Jesus continues to give some practical advice on how to live your life. One of the teachings in the middle of this chapter is on fasting and praying. What role do you think fasting and praying should play in people's lives today? Why?

Do you think people fasted and prayed more in Bible times or today? Why?

Why do you think fasting and prayer should go together?

Can you also pray without fasting?

It is important to understand that fasting isn't just from food—it can also be from TV, internet, music, the shopping mall etc. The point is to give up something you normally do and to spend extra time with Jesus and helping others during that time instead.

What activities do you think would be the easiest for you to fast from? Why?

What activities do you think would be the hardest for you to fast from? Why?

3. Applying the Chapter to Your Life (5-10 min)

Choose one or two:

- a. Make a list of all the topics included in the Sermon on the Mount. Keep this list somewhere that you will see it every morning. At the end of each day put a mark by the teachings that you were able to live out that day.
- b. Spend some time on the website: restoreachild.org. Make plans to research this website with your pathfinder club or Sabbath school class and learn as much as you can about this organization's work to help suffering children in other countries

4. Prayer Time (3-5 min)

Start praying for orphans around the world—especially for those in the countries where Restore a Child is working. Also pray for less fortunate people in the area where you live and ask the Holy Spirit to help you see ways to reach out and help them. Pray for Jesus to give you an unselfish spirit.

5. Outreach Idea

Talk to your pathfinder club or Sabbath school class about signing up to participate in the “DO Fast” talked about on the Restore a Child website and organize a 24 hour fast for your group. Ask your parents and pastor to help you promote this activity with your entire church.