



Bible Study Guide

*The Gospel
According to
Matthew*

Digest This! Bible Study

Sacred Heart Ministry



Soul Strengtheners: Sacred Habits of Communication

Podcast Episode 4, Lesson 2

Reflective Bible Study Questions on Matthew and Sacred Habits

Prayer (Matthew 6:5-15)

- What does Jesus teach us about how we should approach prayer in Matthew 6:5-15?
- In the Lord's Prayer, how does Jesus emphasize the need for humility and dependence on God?
- Reflect on your own prayer life. Do you find that your prayers are more focused on your needs, or do they balance praise, confession, and surrender to God's will?



Fasting (Matthew 6:16-18)

- What is Jesus' instruction on fasting, and why does He focus on the attitude and motive behind fasting?
- How does fasting help us humble ourselves before God and recognize our dependence on Him?
- Have you practiced fasting before? If so, how did it strengthen your connection with God?

Biblical Meditation (Matthew 4:1-11)

- In Matthew 4:1-11, Jesus resists temptation by quoting Scripture. How does this show the importance of meditating on God’s Word?
- How can regular biblical meditation (thinking deeply on God’s Word) transform your mind and renew your heart?
- What areas of your life need more alignment with God’s truth through meditation on Scripture?



Reflective Bible Study Questions on Soul Strengtheners

Trust (Matthew 6:25-34)

- In Matthew 6:25-34, Jesus teaches about trusting God instead of worrying. How does this passage encourage you to rely on God for your needs?
- What areas of your life are you struggling to trust God with, and how can you take steps toward greater trust?
- How does trust in God bring peace and rest to your soul, even in the midst of challenges?

Humility (Matthew 18:1-4)

- In Matthew 18:1-4, Jesus teaches about humility using a child as an example. What does it mean to have a childlike humility in your relationship with God?
- How does humility strengthen your soul by keeping you open to God’s guidance and correction?
- In what areas of your life do you struggle with pride, and how can you intentionally seek to develop humility?



Transformation (Matthew 16:24-26)

- In Matthew 16:24-26, Jesus talks about the cost of following Him and the transformation that comes through self-denial. How does this challenge your current lifestyle or choices?
- How has your relationship with Christ transformed your desires, attitudes, or priorities over time?
- In what areas of your life do you still need to experience transformation? How can you surrender those areas to God?

Different Types of Fasts in the Christian Tradition

This is not a complete list, fasting is personal. Choose what best fits you. This is to give a general idea to those who have not fasted before.

Different Types of Fasts in the Christian Tradition

Christians observe various types of fasts, each with distinct purposes and methods. Here are some of the most common types:

1. Complete (Absolute) Fast

Abstaining from all food and liquids, including water.

2. Normal Fast

Abstaining from all food but drinking water.

3. Partial Fast (Daniel Fast)

Restricting one's diet to specific foods, such as fruits, vegetables, and water, while avoiding richer foods, meats, and sweets.

4. Juice Fast

Abstaining from solid food while consuming only fruit or vegetable juices.

5. Intermittent Fast

Abstaining from food for specific hours of the day (e.g., from sunrise to sunset) and eating a meal in the evening.

6. Corporate (Congregational) Fast

A fast observed by a group, congregation, or nation.

7. Regular Fast

Fasting on a regular basis, such as a specific day of the week or month.