

## GOING WITHOUT

Matthew 6:16-18

Going without helps me pursue Christ within.

Jesus assumes some rhythms.

"And when you fast..."

We think of the horizontal...Jesus calls us to the vertical.

Three rhythms of going without: Solitude, Silence, Fasting.

### Next Steps:

- Prayerfully experiment with going without.
- Practice these rhythms with others at Quiet Waters. [2RC.tv/QuietWaters](https://2RC.tv/QuietWaters)

## LIVE IT OUT

### Putting The Bible Into Practice:

Read 1 Samuel 7:3-11, Ezra 8:21-23, Nehemiah 1:3-11, Isaiah 58 & Acts 13:1-3. What do you learn about fasting? What do we learn from Jesus about fasting in Matthew 6:16-18?

Is 'spiritual' fasting (going without to honor and experience God) a regular part of your walk with God? What have you learned about God or yourself through your experience of fasting? What resulted from your last fast? Schedule a date and time period on your calendar for your next fast.

Describe your experiences with 'spiritual' solitude or silence (going without to honor and experience God). Luke 4:1-15. How did fasting, silence, and solitude prepare Jesus for battle? How have you experienced this? How will you experiment with solitude & silence?

### Challenge:

Ask Jesus how He wants you to imitate His example in practicing fasting, solitude & silence.