



Peer pressure at the time of fast

## Description

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### Peer Pressure at the Time of Fasting

Fasting is a spiritual practice that has been around for centuries. It is a time of self-reflection and spiritual growth. However, it can also be a time of peer pressure. As Christians, we must be aware of the potential for peer pressure and how to handle it.

The Bible speaks of fasting in many places. In Matthew 6:16-18, Jesus says, "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

This passage speaks to the importance of not allowing peer pressure to influence our fasting. We should not be trying to impress others with our fasting, but rather focus on our relationship with God.

The Bible also speaks of the importance of being mindful of our actions and words

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when fasting. In Isaiah 58:3-4, it says, "Why have we fasted, they say, and you have not seen it? Why have we humbled ourselves, and you have not noticed? Yet on the day of your fasting, you do as you please and exploit all your workers."

This passage speaks to the importance of not using fasting as an excuse to mistreat others. We should be mindful of our words and actions when fasting and not use it as an excuse to mistreat others.

It is also important to remember that fasting is not a competition. In Matthew 6:16-18, Jesus says, "When you fast, do not be like the hypocrites, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

This passage speaks to the importance of not trying to outdo others in our fasting. We should focus on our own spiritual growth and not be concerned with what others are doing.

**Salvation Prayers** : Dear Lord Jesus, I come to you today acknowledging my need for salvation. I confess that I have sinned and fallen short of your glory. But I believe that you died for my sins and rose again. I ask that you come into my heart and be my Lord. I commit to following you and living for you every day. Thank you for your love and for the gift of eternal life. In your name I pray, Amen. [Amen](#) [If you prayed the above prayers kindly click here to get more information](#)  
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Finally, it is important to remember that fasting is a personal decision. In Matthew 6:16-18, Jesus says, "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but

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only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.â?•

This passage speaks to the importance of not allowing peer pressure to influence our decision to fast. We should make our own decisions about fasting and not be swayed by what others are doing.

**Rededication Prayers** : Dear Lord Jesus, I come to you today with a heart of repentance. I confess that I have strayed from your path and have not been living according to your will. But I am here to rededicate myself to you and to make a commitment to follow you with all my heart. I ask for your forgiveness and for the strength and guidance to walk in your ways. I thank you for your love, grace, and mercy. I give you my all, my heart, my mind, my soul, and my strength, I trust in you and I pray this in Jesus' name, Amen. [Amen](#)

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### Quiz

1. What does the Bible say about fasting?

- A. It is a competition
- B. It is a time of self-reflection and spiritual growth
- C. It is a time to impress others
- D. It is a time to mistreat others

2. What does the Bible say about not allowing peer pressure to influence our fasting?

- A. We should not be trying to impress others with our fasting
- B. We should use fasting as an excuse to mistreat others
- C. We should focus on our relationship with God
- D. We should try to outdo others in our fasting

3. What does the Bible say about using fasting as an excuse to mistreat others?

- A. We should not be trying to impress others with our fasting
- B. We should use fasting as an excuse to mistreat others
- C. We should focus on our relationship with God
- D. We should try to outdo others in our fasting

4. What does the Bible say about not trying to outdo others in our fasting?

- A. We should not be trying to impress others with our fasting
- B. We should use fasting as an excuse to mistreat others
- C. We should focus on our relationship with God
- D. We should try to outdo others in our fasting

5. What does the Bible say about making our own decisions about fasting?

- A. We should not be trying to impress others with our fasting
- B. We should use fasting as an excuse to mistreat others
- C. We should focus on our relationship with God
- D. We should try to outdo others in our fasting

### **Discussion Questions**

1. How can we be mindful of our words and actions when fasting?
2. What are some ways to handle peer pressure when fasting?
3. How can we focus on our own spiritual growth when fasting?
4. What are some ways to make our own decisions about fasting?
5. How can we use fasting as a time of self-reflection and spiritual growth?

### **FAQs**

Q: What does the Bible say about fasting?

A: The Bible speaks of fasting in many places. In Matthew 6:16-18, Jesus says, "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father,

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who is unseen; and your Father, who sees what is done in secret, will reward you.â?•

Q: What does the Bible say about not allowing peer pressure to influence our fasting?

A: The Bible speaks to the importance of not allowing peer pressure to influence our fasting. We should not be trying to impress others with our fasting, but rather focus on our relationship with God.

Q: What does the Bible say about using fasting as an excuse to mistreat others?

A: In Isaiah 58:3-4, it says, â??Why have we fasted, they say, and you have not seen it? Why have we humbled ourselves, and you have not noticed?â?• â??Yet on the day of your fasting, you do as you please and exploit all your workers.â?• This passage speaks to the importance of not using fasting as an excuse to mistreat others. We should be mindful of our words and actions when fasting and not use it as an excuse to mistreat others.

Q: What does the Bible say about not trying to outdo others in our fasting?

A: In Matthew 6:16-18, Jesus says, â??When you fast, do not be like the hypocrites, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.â?• This passage speaks to the importance of not trying to outdo others in our fasting. We should focus on our own spiritual growth and not be concerned with what others are doing.

Q: What does the Bible say about making our own decisions about fasting?

A: In Matthew 6:16-18, Jesus says, â??When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.â?• This passage speaks to the importance of not allowing peer pressure to influence our decision to fast. We should make our own decisions about fasting and not be swayed by what others are doing.

## Quiz Answers

1. B
2. A
3. B
4. C
5. D

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