

The Discipline of Secrecy

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Tuesday Morning Men's Bible Study

Park Cities Presbyterian Church

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Matt. 6:1-6

¹ “Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven.

² “Thus, when you give to the needy, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may be praised by others. Truly, I say to you, they have received their reward. ³ But when you give to the needy, do not let your left hand know what your right hand is doing, ⁴ so that your giving may be in secret. And your Father who sees in secret will reward you.

⁵ “And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. ⁶ But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

Matt. 6:16-18

¹⁶ “And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. ¹⁷ But when you fast, anoint your head and wash your face, ¹⁸ that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

Table Discussion Questions:

1. Why do we need training in our spiritual lives? What are some disciplines that have been meaningful for you?
2. Which spiritual disciplines are most difficult for you to practice?
3. How do we parade our piety in today's culture? Why do you think Jesus calls this hypocrisy?
4. In what area(s) of your life do you struggle most with pleasing other people? How do you know when that becomes unhealthy?
5. If you think about God as your primary audience, how does this shape the way you practice your righteousness? How might it shape the way you live in all areas of life?
6. Why do you think Jesus emphasizes God as our heavenly Father throughout the sermon? Why is it so important for us to remember this especially when it comes to the spiritual disciplines?