

## Spiritual Discipline: Secrecy

Matthew 6:3–4 (TNIV)

*<sup>3</sup>But when you give to the needy, do not let your left hand know what your right hand is doing, <sup>4</sup>so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you.*

1. Today's focal passage, Matthew 6:1-4, is part of Jesus' Sermon on the Mount. Take a moment and survey the entire sermon (chapters 5-7) and share some observations with your K-group.
2. Chapter 6 begins by discussing giving to the poor (6:1-4), then talks of prayer (6:5-15), and then speaks about fasting (6:16-18). All three of these activities were common spiritual disciplines expected to be practiced by faithful Jews living during the time of Christ. Discuss what these three passages share in common.
3. From these passages, why do you think God emphasizes secrecy?
4. What does it mean when the passage says that your Father in heaven will reward you?
5. Since our motives and not just our actions clearly matter to God, how can we make sure that we have pure motives when we participate in spiritual disciplines?
6. Have you been the recipient of an anonymous gift that God used to meet a need in your life? If so, share your experience with your K-group.
7. How can we practice secrecy as a spiritual discipline in our lives today?