

## Walking the Way of the Kingdom: Putting into Practice the Way of Jesus

Winter 2026

**Dr. Matthew Johnson**

### Session 3 – Prayer

*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.*

– Matthew 6:6 (ESV)

Last week, we talked about how the the Bible shapes our reality and how the Bible is primarily a revelation about God to us. If the Bible is revelation, then prayer is revelation. It moves us from knowing about God into knowing God as a person.

Let's first look at Jesus' teaching on prayer in the Sermon on the Mount, Matthew 6:5-15. What is it that stands out to you?

Referring to the handout from last week, how did you answer the questions?

Let's look at the handout from last week and talk about what individual prayer looks like.

- Set a Daily Time and Place
- Study who God Is
- See Prayer as Intimacy
- Incorporate Worship

- Learn the Bible Prayers
- Incorporate Silence
- Pray in Tongues
- Use a Prayer Plan

**Notes:**

**Next week:**

- 1) Read the packet I've provided.
- 2) Write down what your fasting practices look like. Don't be embarrassed: this is for you to start as a baseline.
- 3) Write down what you would love for your fasting practice to look like. Ask "What are the reasons for that gap? Are there things I could do or not do in order to reduce the gap?
- 4) Spend some time journaling around these questions: how much does my fasting practice affect my understanding of reality and identity? Is it deepening my intimacy with God? What is the biggest obstacle to fasting? How will I go about overcoming that obstacle?