

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

**Winter 2026**

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## **Session 4 – Fasting**

*“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. But when you fast, anoint your head and wash your face, 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.*

– Matthew 6:16–18 (ESV)

What are your initial thoughts when it comes to fasting?

Reasons for fasting:

- Sorrow
- Distress
- Repentance
- God’s intervention
- Seeking guidance
- Indicating earnestness

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

**Notes:**

**Next week:**

- 1) Read the packet I've provided.
- 2) Write down what your community 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 community 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 engagement in community affect my understanding of reality and identity? Is it deepening my intimacy with God? What is the biggest obstacle to community? How will I go about overcoming that obstacle?