

Main Street Church - Life Group Guide

Series: [PRAY FIRST 2026](#)

Message 2: MAKE ME AN OFFERING – Why Fast?

Speaker: Shawn Vandop

Date: January 11, 2026



Connect (25min)

1. CHECK IN: On a scale of 1-10 (poor-excellent) how are you in these areas this week?

*Physical Health ____ *Mental Health ____ *Spiritual Health ____

2. PRAY FIRST Feedback

a. Are you participating in our PRAY FIRST journey? (You can still join in!)

Share some highlights and feedback from this past week's experience with your booklet, prayer, and fasting. How have you been encouraged, challenged, or changed?

b. Are you engaged in any other Bible or devotional plan this month? How has that experience been for you?

3. TAKE 5 – Read [Romans 12:9-12](#)

Take 5 minutes to give thanks to God and pray for one another before discussing Sunday's message.

Message Discussion (45min)

1. What comes to mind when you hear the word "*fasting*" & how has this message challenged or reshaped that view?

Read: [Matthew 6:16-18](#)

- **Shawn defined fasting the following way:** "*Biblical fasting is the voluntary abstinence from food for a limited period of time for the purpose of drawing near to God.*" Do you agree or is there more to it?
- **Shawn talked about how fasting was not a command but was an expectation of Jesus.**
How does that understanding impact your view of fasting?
- **Jesus says "*when you fast,*" not "*if you fast.*"**
What does that imply about fasting in the life of a follower of Jesus?
- **How does fasting become an *offering* rather than a performance?**

2. Jesus connects fasting to longing for His presence. Read: [Matthew 9:14-15](#)

- How does fasting express our desire for Jesus today?
- What does it look like to "miss the Bridegroom" in a healthy, faith-filled way?
- How does fasting help us say, "*Jesus, You are what I want most*"?

3. The Prophet Isaiah teaches that God rejects fasting that doesn't change our hearts. Read: [Isaiah 58:6-9](#)

- What kind of fast does God desire?
- Why do you think God links fasting with justice, generosity, and freedom?
- In what ways can fasting become an offering that blesses others—not just ourselves?

4. The message emphasized that fasting strengthens the spirit over the flesh. Read: [Galatians 5:16–17](#); [Luke 4:1–13](#)

- Where do you feel that tension (spirit over flesh) most in your life right now?
- What “appetites” tend to compete with your hunger for God?
- How could fasting help reorder those desires?

5. Fasting brings freedom by breaking unhealthy bonds. Read: [Isaiah 58:6](#); [Romans 6:12–14](#)

- Is there an area where you are asking God for freedom right now?
- How might fasting invite God to work more deeply in that area?
- What would it look like to place that struggle on the altar as an offering?

6. The Bible connects fasting with healing—spiritual, emotional, and physical. Read: [Isaiah 58:8](#); [Psalm 147:3](#)

- What kind of healing do you need most right now?
- How does fasting help posture our hearts toward trust and dependence on God?
- Why do you think healing often follows surrender?

7. In Acts 13, prayer and fasting led to clarity and discernment. Read: [Acts 13:1–3](#); [Proverbs 3:5–6](#)

- Where are you seeking God’s direction right now?
- How does fasting quiet other voices so we can better hear God’s?
- What decision or season might God be inviting you to bring before Him in fasting?

8. The message closed with the image of a river versus a reservoir. Read: [John 7:37–38](#); [Psalm 24:3–4](#)

- Which posture - a river or a reservoir - best describes your spiritual life right now—and why?
- What might fasting help “clear out” things so God’s life can flow through you again?

Response & Prayer (20min)

*Set aside 20min to Pray together as a group.

*Break into groups of 3-4 people to enhance sharing and prayer.

> **As a group, how can you pray this prayer together: “Lord, make me an offering”?**

Respond and Pray for one another

> **Who is one person in your life who needs prayer today? How can we pray for them?**

Salvation, Healing, Hope, Provision, Protection, Courage, Character, Calling... Pray for them together.

FYI

>> **Share announcements and confirm your plans for your next Life Group meeting.**

- **Prayer Summit.** Sunday, January 25. 6pm-7:30pm in the Auditorium.
Celebrating our 21 Days of *Pray First* with worship, prayer and communion.
- **Empower Retreat.** January 30-31. Visit mainstreetchurch.ca/empower for info and registration.