

# 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](http://mainstreetchurch.ca/empower) for info and registration.