



Make Room

January 4, 2026

Make Room for Fasting | Matthew 6:16-18

Matt Kinniburgh

S U M M A R Y

This past weekend Matt talked about the spiritual practice of fasting, of choosing to go without food for a specific period of time. Matt talked about three aspects of fasting: a reminder of our dependency on God, a physical way to practice submission of our desires, and a way to pray with our bodies. Ultimately, the focus of the practice is not to win God's affection, or the practice itself, but instead to grow our union with God.

R E A D

Matthew 6:16-18 | Matthew 9:14-15

Pause. Take time to prayerfully consider what has been read.

D I S C U S S

- 1) What sticks out to you in these passages? What do they teach about the nature of spiritual practices in general, and fasting specifically?
- 2) What spiritual practices do you engage in and find helpful (ie. prayer, reading scriptures, being in a church community)?
- 3) How is being a part of a Life group a spiritual practice? If you're part of one, how does this group help you grow closer to God and to others?
- 4) What has been your experience with fasting? Have you fasted before?

- 5) What is the purpose of fasting?
- 6) Matt discussed how fasting can help you control sins of desire because you're submitting your desire to God. How could you see this being a benefit in your life?
- 7) Matt discussed our tendency to make engagement in spiritual practices the goal and not the means to the goal, which is union with God. Can you see this tendency in your own life?

R E S P O N D

If you're able, as a group or individual commit to a period of fasting over the next week. It can be for a single meal, or morning till sundown; it's up to you how you want to try it.

On January 19-20, we as a church will be having a day of prayer and fasting to seek God's heart for our community. We will be providing more information in the coming weeks, but part of it will be signing up for half-hour increments to pray. Would you consider how as individuals or a group you can join us for the day of prayer.

P R A Y

Spend some time listening to Jesus about what he has for you as a group and as individuals. Share with one another about what you're hearing. Pray into any themes that arise and dedicate the coming year to Christ.