Lieutenant Colonel Matthew K. Kabat was born and raised in East Grand Rapids, Michigan. He joined the US Army Reserve as a 92Y (unit supply specialist) while completing his undergraduate degree in History at Butler University in Indianapolis, Indiana. He commissioned as a Second Lieutenant of Field Artillery following his graduation from Officer Candidate School.

LTC Kabat's initial assignment following the Field Artillery Officer Basic Course was with the 4-27 Field Artillery, 2nd Brigade Combat Team in Baumholder, Germany. There, he served as an Executive Officer of Service Battery and deployed with the unit in support of Operation Iraqi Freedom in 2008. While there, he transitioned to at Platoon Leader of 1st PLT, Charlie Battery, 4-27 Field Artillery, assigned to 1-35 Armored BN and operated as an Infantry Platoon Leader for the duration of the deployment. Following his deployment, he transitioned to the BN S3 shop prior to going to Captain's Career Course (CCC).

Once completing FACCC, LTC Kabat commanded Fox Battery, 1st Battalion, 19th Field Artillery Battalion at Fort Sill, Oklahoma. Following command in 2012, he joined the Joint Multinational Training Center at Hohenfels, Germany where he served as the Opposing Force S3 and Fires Chief, then the HHB OCT with Vampire Team, and finally as the multi-national Fire Direction Observer Coach / Trainer as part of the Warhog Team. He then transitioned to Michigan State University as an Assistant Professor of Military Science.

In 2017, LTC Kabat became 7th Brigade, Cadet Command's BDE S3, and then BDE XO. In 2019, he and his family moved to Grafenwoehr, Germany to stand up the 41st Field Artillery Brigade as the BDE S3. He then transitioned to 1-6 FAR as the BN XO before moving to Wiesbaden, Germany to become the US Army Europe and Africa (USAREUR-AF) Fires Future Operations Chief.

LTC Kabat was then asked to stand up the 56th Artillery Command as the Secretary of the General Staff. After a year, he was selected as the Aide-de-Camp to the Commanding General of USAREUR-AF. He was promoted below-the-zone to Lieutenant Colonel, and pinned prior to moving to Fort Sill, Oklahoma as the Fires Center of Excellence's G5.

LTC Kabat's awards and decorations include the Legion of Merit, Bronze Star Medal, Meritorious Service Medal (4OLC), the Army Commendation Medal (2OLC), a Meritorious Unit Citation (4-27FA), the Army Reserve Component Achievement Medal, the National Defense Service Medal, the Iraq Campaign Medal (2, the Global War on Terrorism Service Medal, the Army Service Ribbon, the Overseas Service Ribbon (3), and the German Armed Forces Proficiency Badge (Silver).

LTC Kabat holds a Master's degree in International Relations from the University of Oklahoma. He is also a member of the Honorable Order of Saint Barbara.

He is married to the former Cassandra Hoult of Indianapolis, Indiana. They have two boys Connor (10) and Patrick (8).