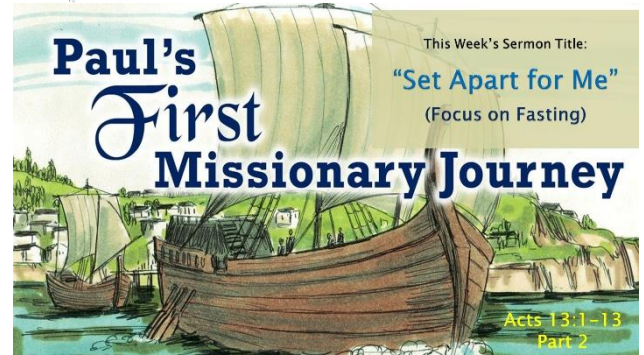


I. Text: Acts 13:1-13

1 Now there were at Antioch, in the church that was there, prophets and teachers: Barnabas, and Simeon who was called Niger, and Lucius of Cyrene, and Manaen who had been brought up with Herod the tetrarch, and Saul. 2 And while they were ministering to the Lord and fasting, the Holy Spirit said, "Set apart for Me Barnabas and Saul for the work to which I have called them." 3 Then, when they had fasted and prayed and laid their hands on them, they sent them away. 4 So, being sent out by the Holy Spirit, they went down to Seleucia and from there they sailed to Cyprus. 5 And when they reached Salamis, they began to proclaim the word of God in the synagogues of the Jews; and they also had John as their helper. 6 And when they had gone through the whole island as far as Paphos, they found a certain magician, a Jewish false prophet whose name was Bar-Jesus, 7 who was with the proconsul, Sergius Paulus, a man of intelligence. This man summoned Barnabas and Saul and sought to hear the word of God. 8 But Elymas the magician (for thus his name is translated) was opposing them, seeking to turn the proconsul away from the faith. 9 But Saul, who was also known as Paul, filled with the Holy Spirit, fixed his gaze upon him, 10 and said, "You who are full of all deceit and fraud, you son of the devil, you enemy of all righteousness, will you not cease to make crooked the straight ways of the Lord? 11 "And now, behold, the hand of the Lord is upon you, and you will be blind and not see the sun for a time." And immediately a mist and a darkness fell upon him, and he went about seeking those who would lead him by the hand. 12 Then the proconsul believed when he saw what had happened, being amazed at the teaching of the Lord. 13 Now Paul and his companions put out to sea from Paphos and came to Perga in Pamphylia; and John left them and returned to Jerusalem.



What role did fasting (intensified/bolstered prayer) play in the early church – what role do you think it should play in your life, your family, and in our church?

II. Review: Forms of church government in the early church (Acts 13:1)

Church government structure in Acts is D _____ - is transitory and will adapt/change into the P _____ of a plurality of Elders and Deacons commanded in 1 Timothy 3, Titus 1:5, and 1 Peter 1:5, 1 Cor. 16:16, and Heb. 13:17). For example the book of Acts starts off in Acts 1-2 with Apostles (prototype E _____/Pastors who give themselves to the Word and Prayer – Acts 6:4) and then adds servants like Stephen (prototype D _____ in Acts 6:3 who were seven men of good reputation, full of the Spirit and of wisdom were put in charge to lead ministries like the food distribution. Later Saul is added as an Apostle to the G _____ (Acts 9), and the church at Antioch in Syria (Saul's home church) has in Acts 13:1 two or three offices of A _____ (Saul/Paul) but also P _____s and T _____s (Barnabas, Simeon/Niger, Lucius, Manaen). Later in Corinth (1 Cor. 12:28) we see we see 8 distinct groups or roles likely corresponding to different/various spiritual gifts active at this time in the church: Apostles, NT prophets, teachers, miracle workers, healers, helpers, administrators, and tongue speakers and interpreters. But later in Eph. 4:1 we see this reduced to just four offices: Apostles, NT prophets, Evangelists/Missionaries, and Pastors/Teachers (some split Pastors and Teachers or 5 offices/major roles in the church. But in Philippians 1:1 Titus 1, and 1 Timothy 3 we see church government simplified and reduced to just two offices commanded - a plurality of Elders (Pastors/Teachers) and Deacons (Servant Helpers) in the churches as the three gifts of p _____, k _____, and t _____ (and by extension/necessity the interpretation of the tongues) are predicted to cease 1 Cor. 13:8 when the perfect/completion/*telios* comes (in context the maturity/adulthood of the early church) which also likely corresponded with the death of all the Apostles by 96 A.D. and the completion of the New Testament canon (27 books of the NT). So it is helpful to distinguish 4 groups of prophets in the Bible:

- O _____ T _____ Prophets who wrote the 39 books of the OT (numerous references – for ex. just in Mt. 1:22, 2:5,15,17, 23, 3:3, 4:14, 5:12,17, 7:12, 8:17, 10:41, 11:9, 13, 12:17, 39, 13:17, 35, 57, 14:5, 16:14, 21:4, 11, 26, 46, 22:40, 23:29, 30, 31, 34, 37, 24:15, 26:56, 27:9)
- Early Church Prophesying Prophets – Spiritual Gift to predict the F _____ - Ex. Agabus (Acts 11:27-28, Acts 21:10)
- Early Church Teaching Prophets - Proclaiming NT D _____/truth without the NT (Acts 13:1, 15:32, 1 Cor. 12:28-29, 14:29-40, Eph. 2:20, 3:5, 4:11, 1 Thess. 2:15)
- Future Prophets for the nation of I _____ during the Tribulation. Ex. The 2 witnesses (Joel, 2:28, Rev. 10:7, 11:10, 11:18, 16:6, 18:20-24, 22:6-9)

Why is a plurality of Elders (Pastors/Teachers) and Deacons (servants/ministry leaders) so important to the local church?

III. Introduction:

- Most churches and Christians are weak on prayer and especially weak on fasting. Why?
- Interesting facts: You can fast from water for approximately 3 days, without any food for about 40 days, and with minimal food for about 90-100 days. (Ex. Both Jesus and Moses fast supernaturally for 40 days)
- How do we practically get this church to pray more and even fast? Jesus assumes fasting for believers in Matthew 6 (...when you fast)
- The church is the people and we need to pray and fast for one another (one of the greatest forms of love is to pray for each other/send power, perspective, and perseverance from God to one another). The Church is not a location/building, set time/service/liturgy, or even programs/ministries – we the people are the *eklessia* (*ek* – out, *lessio* – to call = we are to be the called out ones called out of the world to belong to Christ) and are called to love another as He loved us (John 13:34-35) and one of those ways to pray and at times to fast for one another.
- Through fasting – set me apart for the work you've called me – we should be asking what is my mission, my role, my best for Jesus to help make this local church as beautiful, excellent, fruitful, and glorifying to God as possible.

Why do you think prayer and fasting are such a struggle for the church/modern day Christians?

IV. Main Points – Focus on Fasting

(13:2) Fasting in the church / Role of Leaders in the church (ministering to the Lord/Word and prayer/fasting – Acts 6:4) (serving, praying, fasting)

- OT Fasting: Nehemiah 1:4, 9:1, Esther 4:3, 9:31, Psalm 35:13, 69:10, 109:24, Daniel 6:18, 9:3, *Is. 58, Jer. 14:12, 36:6-9, Joel 1:14, 2:12-15, 3:5, Zech. 7:5, 8:19
- NT Fasting: Matthew 4:2, 6:16-18, 9:14-15, 17:21, Mark 2:18-20, Luke 2:37, 5:33-35, Acts 13:2, 27:9, 14:23

Why do you think Jesus fasted, instructed about fasting in Matthew 6, but didn't command fasting?

7 Reasons and Purposes to Biblically Fast:

1. To **H**_____ ourselves before the Lord (specific action and time to crucify our pride, starve the flesh, and fight evil/rebellion/idolatry we find assaulting our new and regenerated spirit, that is resisting/holding us back from God's will, and discouraging/depressing/deceiving/destroying us as we sometimes or often times compromise and give into the lies of sin by listening and obeying our flesh, our selfishness, and pride rather than the Lord, His Word, and His Spirit. (Ex. David humbling himself after his sin with Bathsheba, fasting for his new born son that was sick/dying, Ezra humbling himself and asking God for a safe journey,) (2 Sam. 12:13-17, 1 Kings 21:27-29, Ezra 8:21, Is. 58:3-5) (Ps. 35:13 "But as for me, when they were sick, my clothing was sackcloth; I humbled my soul with fasting")
2. To **R**_____ of sin – way to express genuine contrition, confession, and changing mind and commitment/willingness to change direction/turn away from sin (Ex. Ninevites fasting in sackcloth and ashes to escape God's judgment pronounced by Jonah) (Judges, 20:26, 1 Sam. 7:6, Jonah 3:5-10, Joel 2:12 "to return to the Lord with all your heart with fasting, weeping, and mourning")
3. To **C**_____ ourselves from anything that contaminates our souls – to be renewed spiritually - gaining and maintaining a clean/right heart before the Lord. (Is. 58:6-7 – "To loose the bonds of wickedness") (2 Cor. 7:1- "let us cleanse ourselves from all defilement of flesh and spirit, perfecting holiness in the fear of God." Is. 1:16, Jer. 4:14, 1 Cor. 5:7, Eph. 5:26, 1 Tim. 2:21, James 4:8, 1 John 3:3)
4. To **M**_____ great loss, as we seek God's comfort, peace, & refuge to sustain us during great trials (1 Sam. 31:13, 2 Sam. 1:12, 1 Chron. 10:12, Neh. 1:4, Est. 4:3, 9:3, Joel 2:12, Zech. 7:5, Mt. 9:15)
5. To **S**_____ God's help, wisdom, direction, and blessing in making a major/important/critical decision or starting something new (Ex. Jesus starts his public ministry with 40 days of fasting – Mt. 4:2) (Ex. Jehoshaphat proclaimed a fast to seek God's help to rescue from the armies of Moab and Ammon – 2 Chron. 20:1-4, Ezra 8:23) (Ex. Early Church fasting & asking God for His choice and commission of Elders and Deacons – Acts 13:2-3, 14:23, 6:6)
6. To **W**_____ God and COMMUNICATE best and most effectively, urgently, and passionately with God - connecting, interacting, and showing God not only sincerity but also urgency, earnestness, desperation and dependence on God on a matter or to demonstrate an intense longing for God to intervene, return, restore, or fulfill our hopes and trust for Him to fulfill/complete all His promises. (Is. 58:4 – fast in order to "be heard on high"). Fasting amplifies and bolsters our prayers for greater power, progress, and productivity/fruitfulness for God (to better tap into God's unlimited resources for our help and encouragement in glorifying God and helping advance His Kingdom, worship/worth-ship/worthiness to receive all glory, power, and honor) (Zech. 7:5 "was it actually for me that you fasted?") (Ex. Anna worshipping and fasting in the temple – Lk. 2:37)
7. To **I**_____ urgently and earnestly on behalf of others – for their salvation, for their physical healing, for their freedom from persecution or even demonic possession or oppression, for their turning and restoration from sin, or for their comfort/God's comfort in great pain, loss, and grief. (Ex. Moses interceding on behalf of rebellious Israel) (Early church interceding for Peter's release from prison) (Prayer for spiritual protection and freedom - some demons cannot come out "except by prayer and fasting" – Mt. 17:21)

Can you think of any other Biblical passages about fasting or other Biblical reasons to fast besides the 7 Chad found/listed?

5 Different Kinds of Fasts – Depriving/starving the Flesh in order to feed, sensitize, and prioritize the Spirit

1. Fasting from **Food** (Traditional/Most Common) Mt. 6:16-18, 9:14-15, 17:21, Mk. 2:18-20, Fasting from certain foods *Dan. 1:5-16
2. Fasting from **Food** and Water (Extreme Situations/Must be Limited/with Great Caution) (Ex. 34:28, Deut. 9:9-18, Ezra 10:6, Mt. 4:1-2, Mk. 1:12-13, 4:1-2)
3. Fasting from **Sleep** (Ex. Jesus praying all night before selecting the 12 disciples, staying up late in earnest prayer in Gethsemane, Paul praying day and night) (Mt. 14:23-25/Mk. 6:46-48, Luke 6:12, 1 Tim. 5:5, 2 Tim. 1:3)
4. Fasting from our **Normal** places/Homes, Activities/Jobs, and Schedules – usually finding an isolated place to pray and have extended time to pray and commune with God. Ex. Transfiguration (Mt. 17:1-8, Mk. 9:1-8, Luke 9:28-36, Jesus not having a home – Mt. 8:20, Lk. 9:58)
5. Fasting from **Pleasure/Comforts** (Ex. Abstaining from Sexual Relations for Married Couples in order to pray – 1 Cor. 7:5, refusing or limiting Luxuries – Ex. John the Baptist not having nice clothing/things – Mt. 3:4, Mk. 1:6 – also "sackcloth" 42x in OT, 4x in NT, some Christians giving up other desires, distractions, things that are not sinful but not bringing them closer to God, other Christians, or helping them reach others for Christ – Ex. Fasting from Entertainment/social media and other possible time wasters/worthless endeavors in the sense of not usually producing anything of eternal value)

Fasting is necessary to make sure the spirit wins over the flesh and remove/overcome the many hindrances to prayer – how do you starve/crucify the flesh but feed and heed the spirit? Any wisdom on how to practically excel, grow, progress, and thrive in more Biblical prayer so that we do effectively gain and tap into God's power, perspective, and perseverance?

How to Biblically Fast... Matthew 6:16-18

1. **Decide** a Biblical purpose and reason for your fast.
2. **Set** a specific time or day or period to fast – decide which meal, meals, or period of time (day or days you are going to abstain from food)
3. **Replace** with prayer the time you normally spend preparing, eating, and enjoying food.
4. **Do** your best NOT to let others know you are fasting, at a minimum do not purposely draw attention to yourself or your fasting in order to draw praise or respect from men – only fast unto and for God's reward/blessing
5. **Present** yourself normally to others (no gloomy faces, no neglect of normal appearances – no strange clothes/sackcloth, no neglect of normal hygiene – anoint and wash your face/body as usual)
6. **Seek** God in secret/privately (inner room/private place) and pray earnestly and Biblically as you trust and expect by faith for God to answer/reward/bless you with answered prayer.
7. **Pray** Biblically - Mt. 6:5-13 instructs how to pray Biblically - not meaningless repetition, directly to God through Jesus/H.S., respectfully/fearfully, according to God's will, authority, and glory, only for needs/daily bread not wants, and spiritually/asking, receiving, extending forgiveness and seeking protection from temptation/Satan/demons, and with a pure heart for God's Kingdom, power, and glory.

Can you share any practical wisdom on how to fast and how not to fast?

V. Application: Mt. 6:16-18 Fasting helps set us apart for God's work, will, blessing, and glory.

Why Fast? Dr. Bill Bright said, "Fasting gives opportunity for deeper humility as we recognize our sins, repent, receive God's forgiveness, and experience His cleansing of our soul and spirit."

Fasting is not commanded by Jesus ... **it's ASSUMED** (Mt. 6:17 "when you fast...") meaning it is or should be a regular and vital part of the Christian's life and an important part of our church.

What specifically will you decide, plan, and commit to TODAY as far as adding or improving the power of fasting to your Christian life?

Why fast?

Dr. Bill Bright, in his guide Why You Should Fast, he listed the following reasons for seeking God through self-denial.

- Fasting was an expected discipline in both the Old and New Testament eras.
- Fasting and prayer can restore the loss of the "first love" for your Lord and result in a more intimate relationship with Christ.
- Fasting is a biblical way to truly humble yourself in the sight of God.
- It enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.
- Fasting will encourage the Holy Spirit to quicken the Word of God in your heart and His truth will become more meaningful to you.
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival in your own life and make you a channel of revival to others.

TRUTH BIBLE CHURCH



FOLLOWERS OF JESUS SEEKING TO...

LOVE GOD SUPREMELY

Matthew 22:37-38 ³⁷ And He said to him, "YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND." ³⁸ "This is the great and foremost commandment.

SERVE PEOPLE SINCERELY

Matthew 22:39 ³⁹ "The second is like it, 'YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.'

John 13:34-35 ³⁴ "A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. ³⁵ "By this all men will know that you are My disciples, if you have love for one another."

REACH THE LOST URGENTLY

Matthew 28:19-20 ¹⁹ "Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, ²⁰ teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age."

Foreword by Tedd Tripp



LOVING YOUR WIFE

As Christ Loves
the Church

LARRY E. McCALL

Author of Walking Like Jesus Did

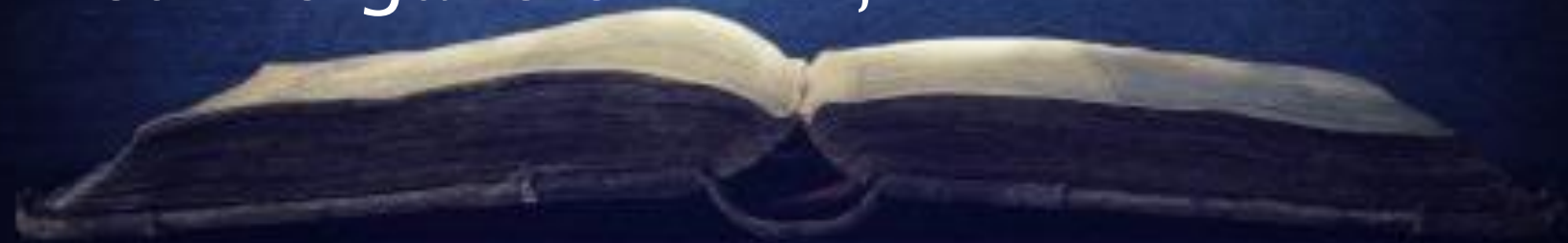
Acts 13:1-13

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Acts 13:1-13

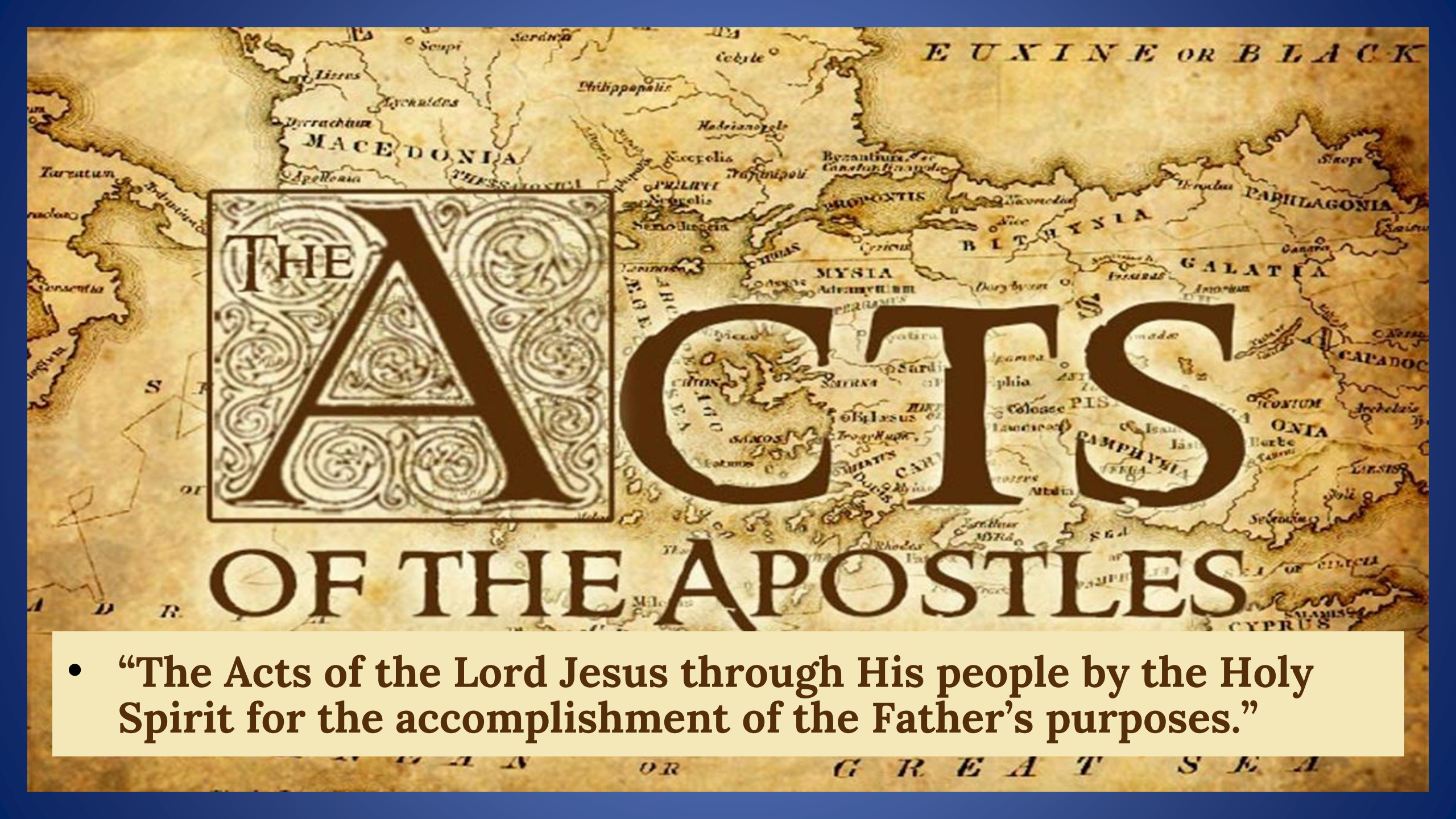
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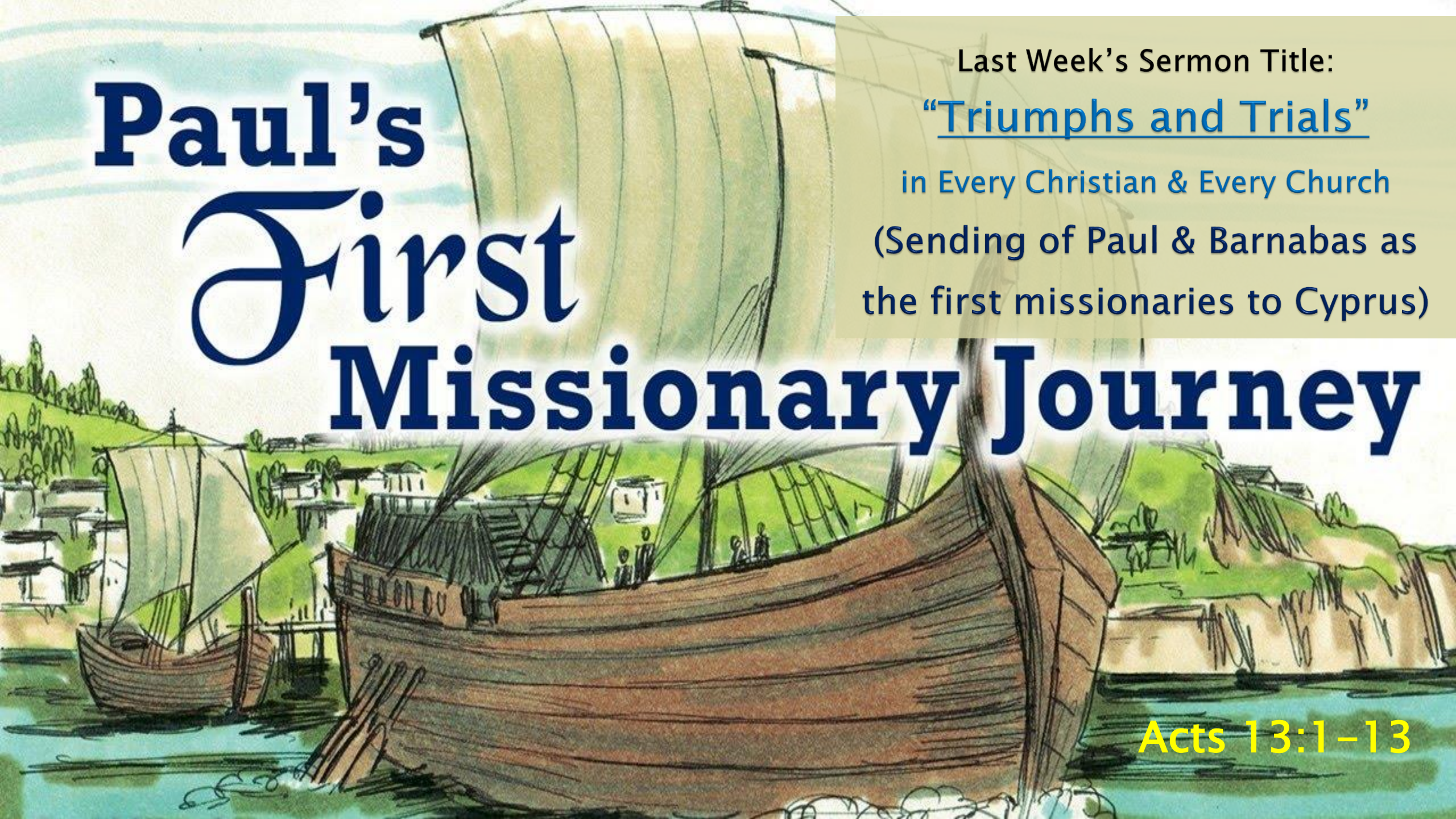
10 and said, "You who are full of all deceit and fraud, you son of the devil, you enemy of all righteousness, will you not cease to make crooked the straight ways of the Lord?
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THE ACTS
OF THE APOSTLES

- “The Acts of the Lord Jesus through His people by the Holy Spirit for the accomplishment of the Father’s purposes.”



Paul's First Missionary Journey

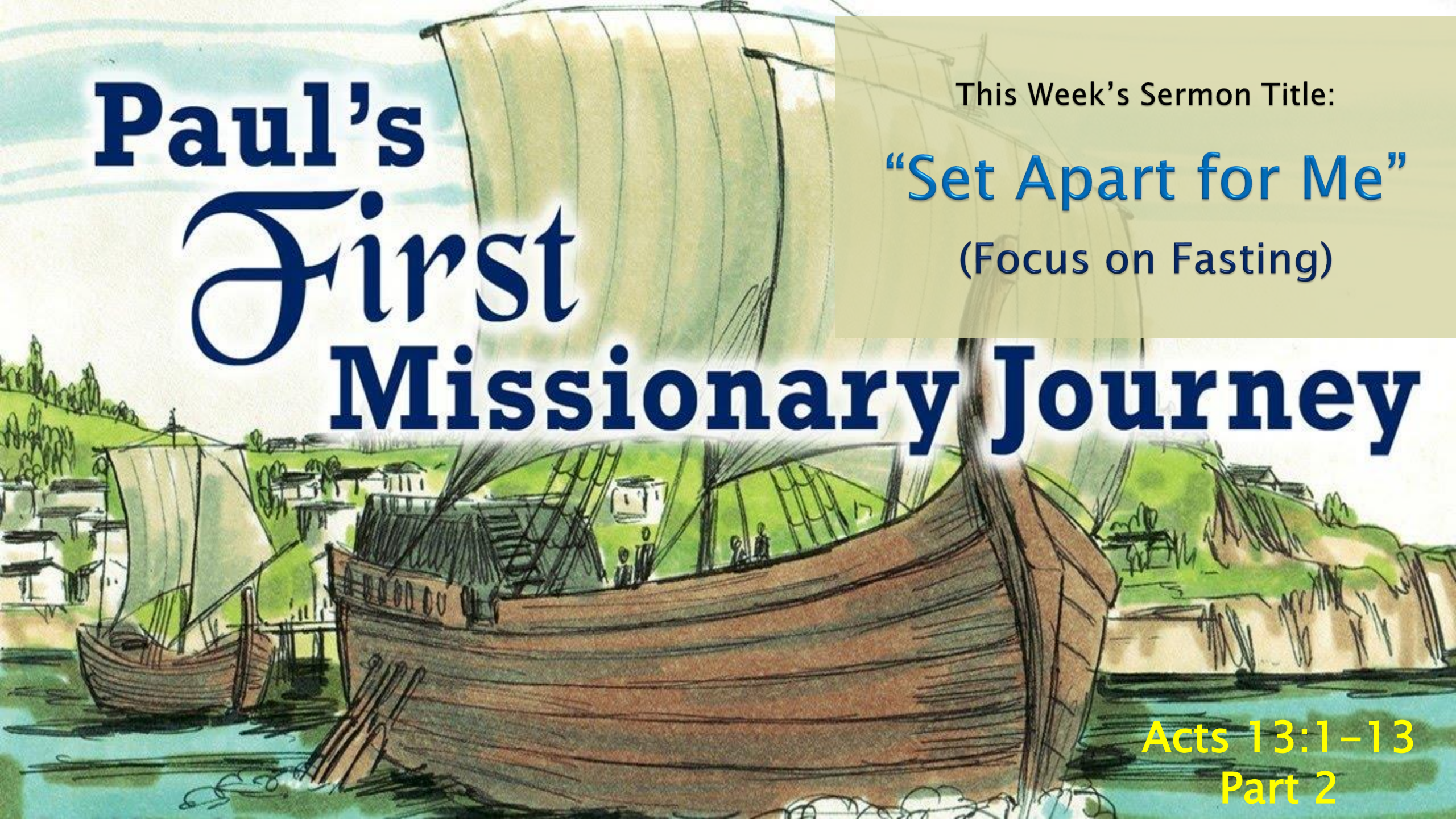
Last Week's Sermon Title:

[“Triumphs and Trials”](#)

in Every Christian & Every Church

(Sending of Paul & Barnabas as
the first missionaries to Cyprus)

Acts 13:1–13



Paul's First Missionary Journey

This Week's Sermon Title:

“Set Apart for Me”

(Focus on Fasting)

Acts 13:1–13
Part 2

Paul's First Missionary Journey • AD 47–49 • Acts 13:1–14:28



Teaching Outline of Acts 13:1–13

1. (13:1) Offices in the early church vs modern church– Prophets and Teachers (later with cessation of 3 gifts/1 Cor. 13:8 and completion of the canon – transition to Elders and Deacons – Phil. 1:1, 1 Tim. 3)

- OT Prophets who wrote the OT (numerous references – for ex. Just in Mt. 1:22, 2:5, 15:17, 23, 3:3, 4:14, 5:12, 17, 7:12, 8:17, 10:41, 11:9, 13, 12:17, 39, 13:17, 35, 57, 14:5, 16:14, 21:4, 11, 26, 46, 22:40, 23:29, 30, 31, 34, 37, 24:15, 26:56, 27:9)
- Early Church Prophets – Predictions of the future – Agabus (Acts 11:27–28, Acts 21:10)
- Early Church Prophets – Proclaiming NT doctrine without the NT (Acts 13:1, Acts 15:32, 1 Cor. 12:28–29, 14:29=40, Eph. 2:20, 3:5, 4:11, 1 Thess. 2:15,
- Prophets in the future – during the Tribulation/2 witnesses – Joel, 2:28, Rev. 10:7, 11:10, 11:18, 16:6, 18:20–24, 22:6–9

2. (13:2) Fasting in the church / Role of Leaders in the church (ministering to the Lord and prayer/fasting – Acts 6:4) (serving, praying, fasting)

- OT: Nehemiah 1:4, 9:1, Esther 4:3, 9:31, Psalm 35:13, 69:10, 109:24, Dan. 6:18, 9:3, Joel 2:12,
- NT: Mt. 6:16–18, Mt. 17:21, Mark 2:18, Luke 2:37, Acts 13:2, 14:23

3. (13:3) Laying on of hands in the church – commissioning for service (Hebrews 6:1–2) – the work God has called you to in the church/under the oversight and authority of the local church

- Blessing Children – Mt. 19:13–15, Mark 10:16,
- Healing the Sick – Mark 5:23, 8:23, 16:18, Lk. 4:40, Acts 9:12,
- Receiving the Holy Spirit – Acts 8:17–19, 9:17, 19:6,
- Receiving Spiritual Gifts – 1 Tim. 4:14, 2 Tim. 1:6
- Appointing/Commissioning Elders and Deacons and Missionaries – Acts 6:6, Acts 13:3, 1 Tim. 5:22,
- Doing the work God has called you to do in the church under the oversight of the Elders – Hebrews 6:1–2

4. (13:1–4) Sending out of missionaries in the church

- Selected out of the church leadership – those already faithful (apostle – Paul, prophets and teachers – Barnabas, Simeon/Niger, Lucius of Cyrene, Manaen/close to Herod the Tetrarch)
- Selected while they were ministering/serving the Lord in the church
- Selected while they were praying/fasting
- Selected after then entire church fasted and prayed and laid their hands on them (commissioning) before sending them (fast, pray, lay, send)
- Ultimately selected by God/sent out by the Holy Spirit – who directed them to the location/target area of God's choosing

5. (13:5) Target locations of early Missions Work

- Where people gather to worship, talk/discuss spiritual things, have some Biblical knowledge and background – in this case Jewish Synagogues
- Unreached Areas (met people as they traveled Cyprus from one end of the island to the other in order to reach the whole island) (make disciples as you are going – Mt. 28:18–20)

6. (13:6–7) Evangelism in the church – The Two Kinds of People who we should expect when witnessing/sharing the Gospel

- Those who listen (seekers like Sergius Paulus)
 - God does use people of high positions, those with authority or great influence in the home, community, government (Influencers)
 - seeking – sought to hear the word of God
- Those who don't really listen (rejecters like Bar-Jesus (false prophet, magician) aka Elymas)
 - Antagonists/Opponents/Enemies of God/the gospel/the cross
 - specific pushback /strategies to steal the seed/blind/mute the gospel

7. (13:8–13) Triumphs and Trials in the early church

- Triumph – Saul /aka Paul – filled with the Spirit for a specific time/purpose/mission
 - The Holy Spirit – reveals people's true hearts, motivations, unmask, reveals, exposes, uncovers – deceit, fraud, sons of the devil, enemies of righteousness, seeking to make crooked the straight ways of the Lord (confuse, mislead, redefine, subtly change the clear, true, straight words/doctrine/truths of God, Jesus, the Bible)
 - Punishing Miracle – Penalty on False Teacher – blinding mist of darkness (physical blindness)
- Triumph – Conversion of the proconsul – he believed when he saw this penalizing miracle/judgment. But also amazed at the teaching of the Lord.
- Trial – Often at every major victory (especially conversion of new believers) there are ministry discouragements
 - Here John Mark deserts them and goes back home to momma and her nice house.
 - We all will have trials in the church – Working through relationship struggles – forgiving/giving GRACE, overcoming, not quitting when we feel low, feel alone, feel betrayed/hurt/abandoned by others – especially hurts/painful when coming from other Christians (who usually don't do it intentionally, malevolently, but Satan manipulates and turns circumstances to pit Christian against Christian.

7 TBC Take Aways from the 1st Missionary Journey:

1. **(13:1) Offices** in the early church vs modern church – Prophets & Teachers (later with cessation of 3 gifts/1 Cor. 13:8 and completion of the NT canon – transition to Elders & Deacons – Phil.1:1, 1 Tim 3)

a. **OT Prophets** who wrote the OT (numerous references – for ex. just in Mt. 1:22, 2:5,15,17, 23, 3:3, 4:14, 5:12,17, 7:12, 8:17, 10:41, 11:9, 13, 12:17, 39, 13:17, 35, 57, 14:5, 16:14, 21:4, 11, 26, 46, 22:40, 23:29, 30, 31, 34, 37, 24:15, 26:56, 27:9)

b. **Early Church Prophesying Prophets** – Predictions of the future – Agabus (Acts 11:27–28, Acts 21:10)

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d. **Future Prophets for Israel** during the Tribulation/2 witnesses (Joel, 2:28, Rev. 10:7, 11:10, 11:18, 16:6, 18:20–24, 22:6–9)

Acts 13:1 Now there were at Antioch, in the church that was *there*, prophets and teachers: Barnabas, and Simeon who was called Niger, and Lucius of Cyrene, and Manaen who had been brought up with Herod the tetrarch, and Saul.

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b. NT Fasting: Matthew 4:2, 6:16–18, 9:14–15, 17:21, Mark 2:18–20, Luke 2:37, 5:33–35, Acts 13:2, 27:9, 14:23

Acts 13:2 ² While they were ministering to the Lord and fasting, the Holy Spirit said, "Set apart for Me Barnabas and Saul for the work to which I have called them."

Nehemiah 1:1-11

1:1 The words of Nehemiah the son of Hacaliah. Now it happened in the month Chislev, in the twentieth year, while I was in Susa the capitol, 2 that Hanani, one of my brothers, and some men from Judah came; and I asked them concerning the Jews who had escaped and had survived the captivity, and about Jerusalem. 3 They said to me, "The remnant there in the province who survived the captivity are in great distress and reproach, and the wall of Jerusalem is broken down and its gates are burned with fire." 4 When I heard these words, I sat down and wept and mourned for days; and I was fasting and praying before the God of heaven. 5 I said, "I beseech You, O LORD God of heaven, the great and awesome God, who preserves the covenant and lovingkindness for those who love Him and keep His commandments, 6 let Your ear now be attentive and Your eyes open to hear the prayer of Your servant which I am praying before You now, day and night, on behalf of the sons of Israel Your servants, confessing the sins of the sons of Israel which we have sinned against You; I and my father's house have sinned. 7 "We have acted very corruptly against You and have not kept the commandments, nor the statutes, nor the ordinances which You commanded Your servant Moses. 8 "Remember the word which You commanded Your servant Moses, saying, 'If you are unfaithful I will scatter you among the peoples; 9 but if you return to Me and keep My commandments and do them, though those of you who have been scattered were in the most remote part of the heavens, I will gather them from there and will bring them to the place where I have chosen to cause My name to dwell.' 10 "They are Your servants and Your people whom You redeemed by Your great power and by Your strong hand. 11 "O Lord, I beseech You, may Your ear be attentive to the prayer of Your servant and the prayer of Your servants who delight to revere Your name, and make Your servant successful today and grant him compassion before this man." Now I was the cupbearer to the king.

Nehemiah 9:1–3

¹ Now on the twenty-fourth day of this month the sons of Israel assembled with fasting, in sackcloth and with dirt upon them. ² The descendants of Israel separated themselves from all foreigners, and stood and confessed their sins and the iniquities of their fathers. ³ While they stood in their place, they read from the book of the law of the LORD their God for a fourth of the day; and for *another* fourth they confessed and worshiped the LORD their God.



Psalm 35:9–14

⁹ And my soul shall rejoice in the LORD; It shall exult in His salvation. ¹⁰ All my bones will say, "LORD, who is like You, Who delivers the afflicted from him who is too strong for him, And the afflicted and the needy from him who robs him?" ¹¹ Malicious witnesses rise up; They ask me of things that I do not know. ¹² They repay me evil for good, To the bereavement of my soul. ¹³ But as for me, when they were sick, my clothing was sackcloth; I humbled my soul with fasting, And my prayer kept returning to my bosom. ¹⁴ I went about as though it were my friend or brother; I bowed down mourning, as one who sorrows for a mother.



Psalm 69:7-14

⁷ Because for Your sake I have borne reproach; Dishonor has covered my face. ⁸ I have become estranged from my brothers And an alien to my mother's sons. ⁹ For zeal for Your house has consumed me, And the reproaches of those who reproach You have fallen on me. ¹⁰ When I wept in my soul with fasting, It became my reproach. ¹¹ When I made sackcloth my clothing, I became a byword to them. ¹² Those who sit in the gate talk about me, And I *am* the song of the drunkards. ¹³ But as for me, my prayer is to You, O LORD, at an acceptable time; O God, in the greatness of Your lovingkindness, Answer me with Your saving truth. ¹⁴ Deliver me from the mire and do not let me sink; May I be delivered from my foes and from the deep waters.



Psalm 109:21–31

²¹ But You, O GOD, the Lord, deal *kindly* with me for Your name's sake; Because Your lovingkindness is good, deliver me; ²² For I am afflicted and needy, And my heart is wounded within me. ²³ I am passing like a shadow when it lengthens; I am shaken off like the locust. ²⁴ My knees are weak from fasting, And my flesh has grown lean, without fatness. ²⁵ I also have become a reproach to them; When they see me, they wag their head. ²⁶ Help me, O LORD my God; Save me according to Your lovingkindness. ²⁷ And let them know that this is Your hand; You, LORD, have done it. ²⁸ Let them curse, but You bless; When they arise, they shall be ashamed, But Your servant shall be glad. ²⁹ Let my accusers be clothed with dishonor, And let them cover themselves with their own shame as with a robe. ³⁰ With my mouth I will give thanks abundantly to the LORD; And in the midst of many I will praise Him. ³¹ For He stands at the right hand of the needy, To save him from those who judge his soul.



Isaiah 58:1-14

"Cry loudly, do not hold back; Raise your voice like a trumpet, And declare to My people their transgression And to the house of Jacob their sins. ² "Yet they seek Me day by day and delight to know My ways, As a nation that has done righteousness And has not forsaken the ordinance of their God. They ask Me *for* just decisions, They delight in the nearness of God. ³ 'Why have we fasted and You do not see? Why have we humbled ourselves and You do not notice?' Behold, on the day of your fast you find *your* desire, And drive hard all your workers. ⁴ "Behold, you fast for contention and strife and to strike with a wicked fist. You do not fast like *you do* today to make your voice heard on high. ⁵ "Is it a fast like this which I choose, a day for a man to humble himself? Is it for bowing one's head like a reed And for spreading out sackcloth and ashes as a bed? Will you call this a fast, even an acceptable day to the LORD? ⁶ "Is this not the fast which I choose, To loosen the bonds of wickedness, To undo the bands of the yoke, And to let the oppressed go free And break every yoke? ⁷ "Is it not to divide your bread with the hungry And bring the homeless poor into the house; When you see the naked, to cover him; And not to hide yourself from your own flesh? ⁸ "Then your light will break out like the dawn, And your recovery will speedily spring forth; And your righteousness will go before you; The glory of the LORD will be your rear guard. ⁹ "Then you will call, and the LORD will answer; You will cry, and He will say, 'Here I am.' If you remove the yoke from your midst, The pointing of the finger and speaking wickedness, ¹⁰ And if you give yourself to the hungry And satisfy the desire of the afflicted, Then your light will rise in darkness And your gloom *will become* like midday. ¹¹ "And the LORD will continually guide you, And satisfy your desire in scorched places, And give strength to your bones; And you will be like a watered garden, And like a spring of water whose waters do not fail. ¹² "Those from among you will rebuild the ancient ruins; You will raise up the age-old foundations; And you will be called the repairer of the breach, The restorer of the streets in which to dwell. ¹³ "If because of the sabbath, you turn your foot From doing your *own* pleasure on My holy day, And call the sabbath a delight, the holy *day* of the LORD honorable, And honor it, desisting from your *own* ways, From seeking your *own* pleasure And speaking *your own* word, ¹⁴ Then you will take delight in the LORD, And I will make you ride on the heights of the earth; And I will feed you *with* the heritage of Jacob your father, For the mouth of the LORD has spoken."

7 Reasons and Purposes to Biblically Fast:

1. To **HUMBLE** ourselves before the Lord (specific action and time to crucify our pride, starve the flesh, and fight evil/rebellion/idolatry we find assaulting our new and regenerated spirit, that is resisting/holding us back from God's will, and discouraging/depressing/deceiving/destroying us as we sometimes or often times compromise and give into the lies of sin by listening and obeying our flesh, our selfishness, and pride rather than the Lord, His Word, and His Spirit. (Ex. David humbling himself after his sin with Bathsheba, fasting for his new born son that was sick/dying, Ezra humbling himself and asking God for a safe journey,) (2 Sam. 12:13–17, 1 Kings 21:27–29, Ezra 8:21, Is. 58:3–5) (Ps. 35:13 “But as for me, when they were sick, my clothing was sackcloth; I humbled my soul with fasting”)
2. To **REPENT** of sin – way to express genuine contrition, confession, and changing mind and commitment/willingness to change direction/turn away from sin (Ex. Ninevites fasting in sackcloth and ashes to escape God's judgment pronounced by Jonah) (Judges, 20:26, 1 Sam. 7:6, Jonah 3:5–10, Joel 2:12 “to return to the Lord with all your heart with fasting, weeping, and mourning”)
3. To **CLEANSE** ourselves from anything that contaminates our souls – to be renewed spiritually – gaining and maintaining a clean/right heart before the Lord. (Is. 58:6–7 – “To loose the bonds of wickedness”) (2 Cor. 7:1 – “let us cleanse ourselves from all defilement of flesh and spirit, perfecting holiness in the fear of God.” Is. 1:16, Jer. 4:14, 1 Cor. 5:7, Eph. 5:26, 1 Tim. 2:21, James 4:8, 1 John 3:3)
4. To **MOURN** great loss, as we seek God's comfort, peace, and refuge to sustain us during great trials (1 Sam. 31:13, 2 Sam. 1:12, 1 Chron. 10:12, Neh. 1:4, Est. 4:3, 9:3, Joel 2:12, Zech. 7:5, Mt. 9:15)

7 Reasons and Purposes to Biblically Fast:

5. To **SEEK** God's help, wisdom, direction, and blessing in making a major/important/critical decision or starting something new (Ex. Jesus starts his public ministry with 40 days of fasting – **Mt. 4:2**) (Ex. Jehoshaphat proclaimed a fast to seek God's help to rescue from the armies of Moab and Ammon – **2 Chron. 20:1–4, Ezra 8:23**) (Ex. Early Church fasting & asking God for His choice and commission of Elders and Deacons – **Acts 13:2–3, 14:23, 6:6**)
6. To **WORSHIP** and **COMMUNICATE** best and most effectively, urgently, and passionately with God – connecting, interacting, and showing God not only sincerity but also urgency, earnestness, desperation and dependence on God on a matter or to demonstrate an intense longing for God to intervene, return, restore, or fulfill our hopes and trust for Him to fulfill/complete all His promises. (**Is. 58:4 – fast in order to “be heard on high”**). Fasting amplifies and bolsters our prayers for greater power, progress, and productivity/fruitfulness for God (to better tap into God's unlimited resources for our help and encouragement in glorifying God and helping advance His Kingdom, worship/worth-ship/worthiness to receive all glory, power, and honor) (**Zech. 7:5 “was it actually for me that you fasted?”**) (Ex. Anna worshipping and fasting in the temple – **Lk. 2:37**)
7. To **INTERCEDE** urgently and earnestly on behalf of others – for their salvation, for their physical healing, for their freedom from persecution or even demonic possession or oppression, for their turning and restoration from sin, or for their comfort/God's comfort in great pain, loss, and grief. (Ex. Moses interceding on behalf of rebellious Israel) (Early church interceding for Peter's release from prison) (Prayer for spiritual protection and freedom – some demons cannot come out “**except by prayer and fasting**” – **Mt. 17:21**)

5 Different Kinds of Fasts – Depriving/starving the Flesh in order to feed, sensitize, and prioritize the Spirit

1. Fasting from **Food** (Traditional/Most Common) Mt. 6:16–18, 9:14–15, 17:21, Mk. 2:18–20, Fasting from certain foods *Dan. 1:5–16
2. Fasting from **Food and Water** (Extreme Situations/Must be Limited/with Great Caution) (Exodus 34:28, Deut. Ezra 10:6, Deut. 9:9–18, Mt. 4:1–2, Mk. 1:12–13, 4:1–2)
3. Fasting from **Sleep** (Ex. Jesus praying all night before selecting the 12 disciples, staying up late in earnest prayer in Gethsemane, Paul praying day and night) (Mt. 14:23–25/Mk. 6:46–48, Luke 6:12, 1 Tim. 5:5, 2 Tim. 1:3)
4. Fasting from our **Normal places/Homes, Activities/Jobs, and Schedules** – usually finding an isolated place to pray and have extended time to pray and commune with God. Ex. Transfiguration (Mt. 17:1–8, Mk. 9:1–8, Luke 9:28–36, Jesus not having a home – Mt. 8:20, Lk. 9:58)
5. Fasting from **Pleasure/Comforts** (Ex. Abstaining from Sexual Relations for Married Couples in order to pray – 1 Cor. 7:5, refusing or limiting Luxuries – Ex. John the Baptist not having nice clothing/things – Mt. 3:4, Mk. 1:6 – also “sackcloth” 42x in OT, 4x in NT, some Christians giving up other desires, distractions, things that are not sin but not bringing them closer to God, other Christians, or helping them reach others for Christ – Ex. Entertainment/social media and other possible time wasters/worthless endeavors in the sense of not usually producing anything of eternal value)

How to Biblically Fast... Matthew 6:16-18

- ▶ **Matt. 6:16-18** ¹⁶ "And whenever you fast, do not put on a gloomy face as the hypocrites *do*, for they neglect their appearance in order to be seen fasting by men. Truly I say to you, they have their reward in full. ¹⁷ "But you, when you fast, anoint your head, and wash your face ¹⁸ so that you may not be seen fasting by men, but by your Father who is in secret; and your Father who sees in secret will repay you.
- 1. **Decide** a Biblical purpose and reason for your fast.
- 2. **Set** a specific time or day or period to fast – decide which meal, meals, or period of time (day or days you are going to abstain from food)
- 3. **Replace** with prayer the time you normally spend preparing, eating, and enjoying food.
- 4. **Do** your best NOT to let others know you are fasting, at a minimum do not purposely draw attention to yourself or your fasting in order to draw praise or respect from men – only fast unto and for God's reward/blessing
- 5. **Present** yourself normally to others (no gloomy faces, no neglect of normal appearances – no strange clothes/sackcloth, no neglect of normal hygiene – anoint and wash your face/body as usual)
- 6. **Seek** God in secret/privately (inner room/private place) and pray earnestly and Biblically as you trust and expect by faith for God to answer/reward/bless you with answered prayer.
- 7. **Pray** Biblically - Mt. 6:5-13 instructs how to pray Biblically - not meaningless repetition, directly to God through Jesus/H.S., respectfully/fearfully, according to God's will, authority, and glory, only for needs/daily bread not wants, and spiritually/asking, receiving, extending forgiveness and seeking protection from temptation/Satan/demons, and with a pure heart for God's Kingdom, power, and glory.

Dr. Bill Bright on the Importance of Fasting

“Fasting gives opportunity for deeper humility as we recognize our sins, repent, receive God’s forgiveness, and experience His cleansing of our soul and spirit.”



Why fast?

Dr. Bill Bright, in his guide *Why You Should Fast*, he listed the following reasons for seeking God through self-denial.

- Fasting was an expected discipline in both the Old and New Testament eras.
- Fasting and prayer can restore the loss of the “first love” for your Lord and result in a more intimate relationship with Christ.
- Fasting is a biblical way to truly humble yourself in the sight of God.
- It enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.
- Fasting will encourage the Holy Spirit to quicken the Word of God in your heart and His truth will become more meaningful to you.
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival in your own life and make you a channel of revival to others.

7 BASIC STEPS TO *Successful Fasting & Prayer*

Bill Bright

- ▶ **Step 1: Set an Objective for Your Fast**
- ▶ **Step 2: Commit to Your Fast**
- ▶ **Step 3: Prepare Yourself Spiritually**
- ▶ **Step 4: Prepare Yourself Physically**
- ▶ **Step 5: Put Yourself on a Schedule**
- ▶ **Step 6: Break Your Fast Gradually**
- ▶ **Step 7: Expect Results From Your Fast**

A Heart Cleansing

a story of prayer & fasting

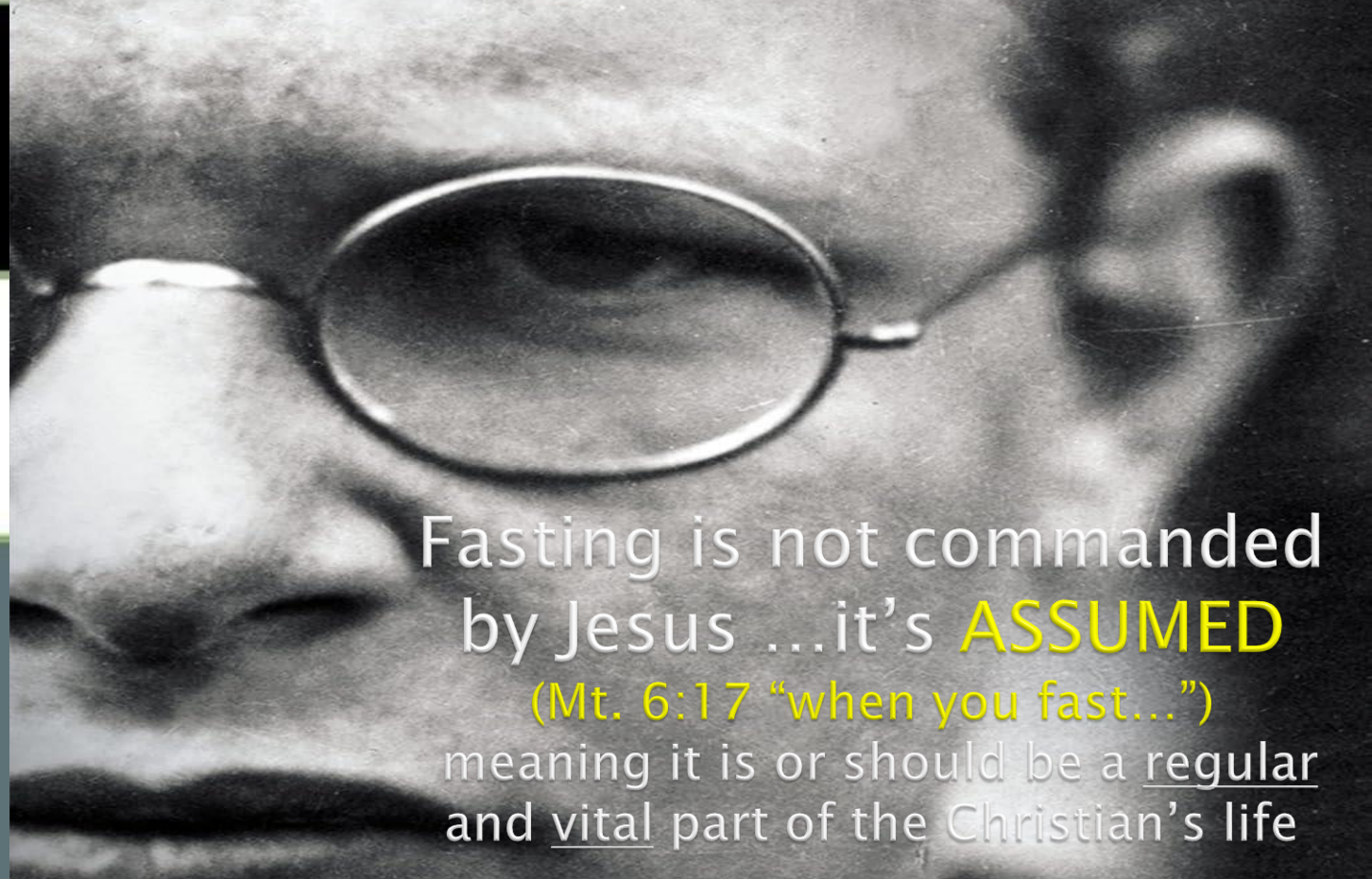
By Jacqueline Heider

We live in two worlds—the physical world and the spiritual world and those two worlds are constantly battling each other. Our fleshly nature wants to be in control, but the Spirit of God in us should be in control. All too often our flesh wins this battle. We can see, touch, smell, hear, and taste the things in the physical realm, so naturally it is easier to succumb to the things of the world, allowing them to dominate over our Spirit. Fasting for the purpose of prayer and communing with God helps to reverse this. The Spirit gets on top of the flesh, causing it to submit to the things of God rather than the things of man. You will find that as you fast, your mind becomes sharper and clearer. You may become moody, but this is only natural as your fleshly nature is being made to surrender to the Spirit. You might also notice a keen awareness to God's presence. Lean into this time of surrender and submission by leaning into prayer, God's Word, and the leading of the Holy Spirit.



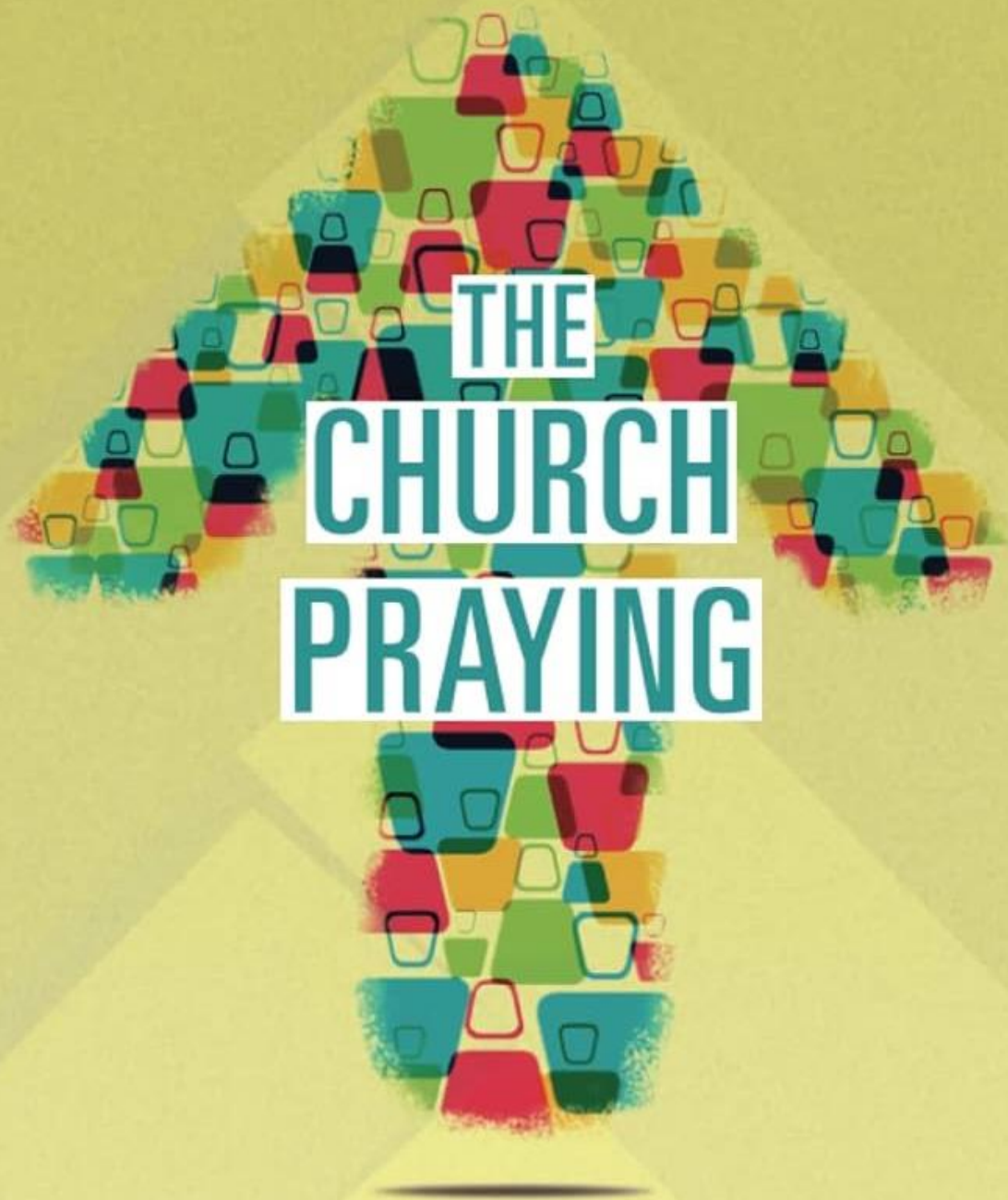
DIETRICH BONHOEFFER

THE COST OF DISCIPLESHIP



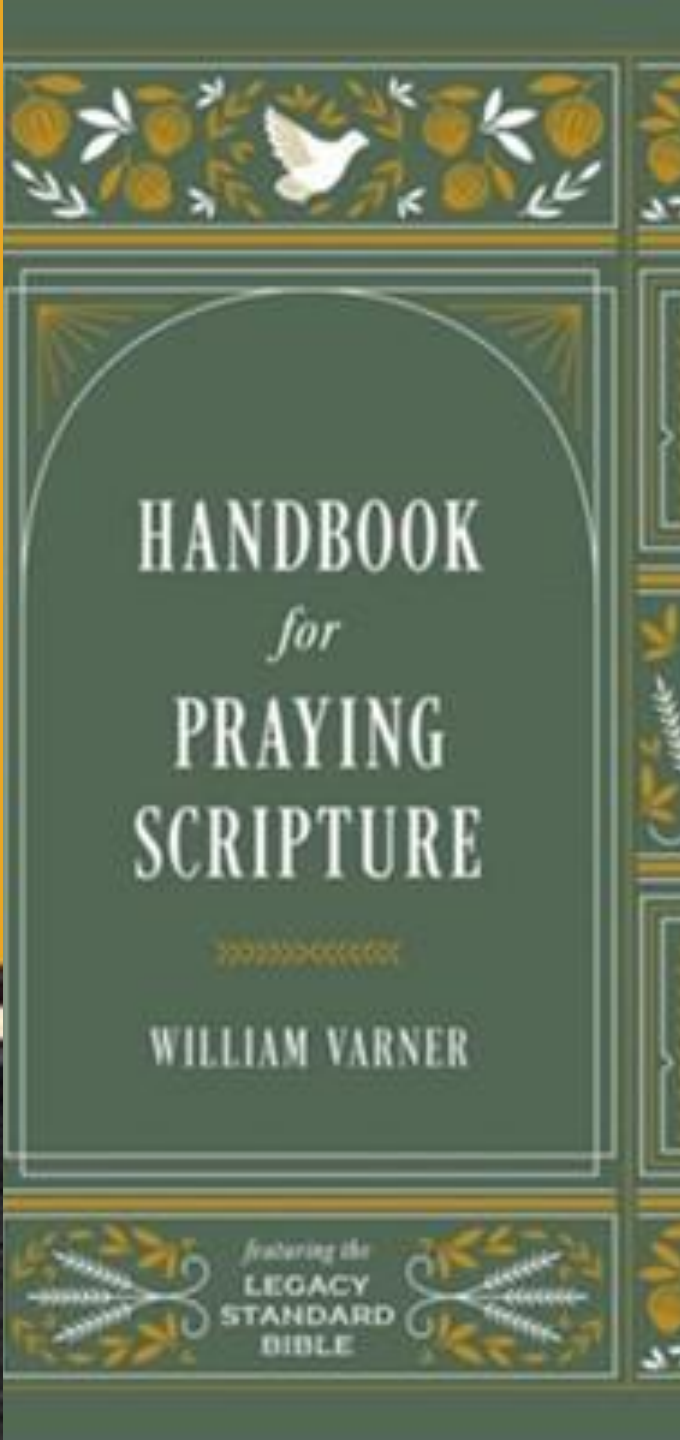
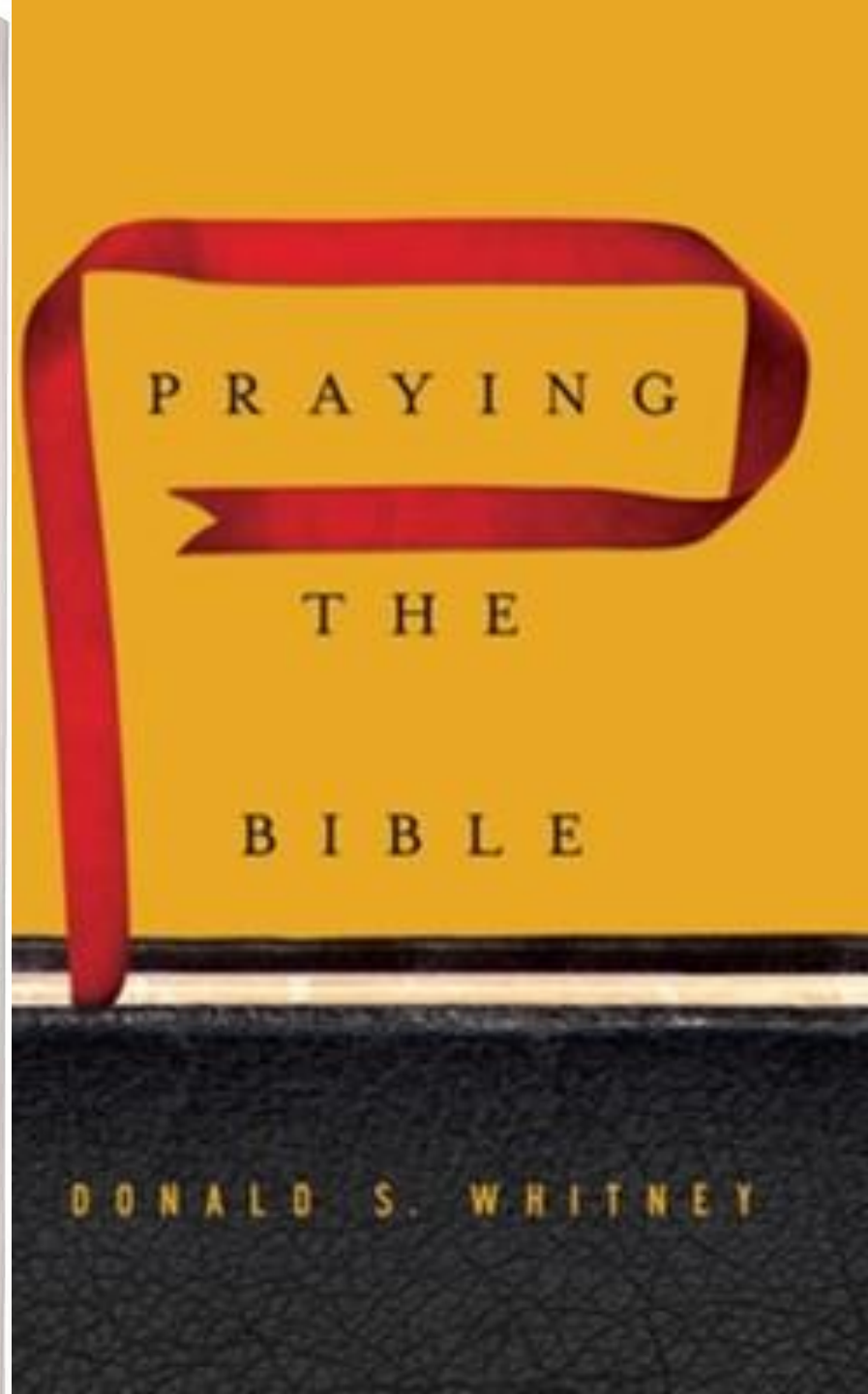
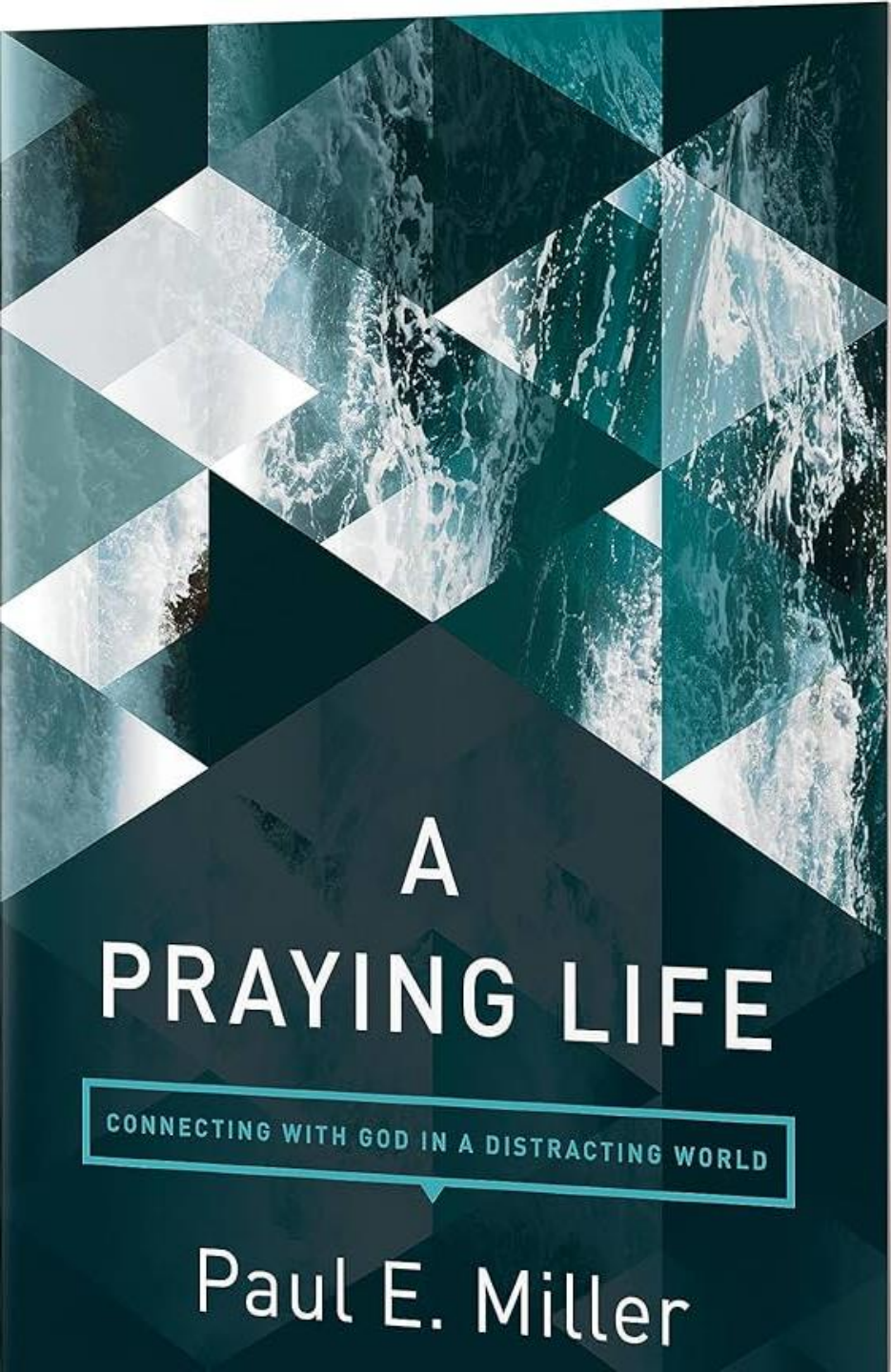
Fasting is not commanded
by Jesus ...it's **ASSUMED**
(Mt. 6:17 "when you fast...")
meaning it is or should be a regular
and vital part of the Christian's life

Dietrich Bonhoeffer, in his book *The Cost of Discipleship*, said, "Jesus takes it for granted that His disciples will observe the pious custom of fasting. Strict exercise of self-control is an essential feature of the Christian life. Such customs have only one purpose — to make the disciples more ready and cheerful to accomplish those things which God would have done."



How do we get our church to actually **PRAY**...

- ▶ **Regularly** (Col. 4:2, 1 Thes. 5:7)
- ▶ **Earnestly** (Col. 4:12, 1 Thess. 3:10, James 5:17)
- ▶ **Expectantly**/in faith (Phil. 1:19, James 5:15)
- ▶ **In the Spirit**/by the H.S./according to God's Will/Name/Glory (Mt. 6:10, 26:42, Luke 22:42, Rom. 8:26, Eph. 6:18, Jude 1:20, John 14:14, 16:23, 1 John 5:14, James 4:2-3)
- ▶ **With/by Fasting** (Neh. 1:4, 9:1, Est. 4:3, 9:31, Ps. 35:13, 69:10, 109:24, Dan. 6:18, 9:3, Joel 2:12, Matt. 6:16-18, 17:21, Mk. 2:18, Acts 13:2, 14:23)
- ▶ **So we gain and maintain God's Perspective, Power, Protection, Perseverance, and PROGRESS!**



PRAYING THE BIBLE

WITH DON WHITNEY

CHRIST'S CHURCH NEEDS PRAYER



C is for Courage

Pray God would make the church strong and courageous. Ask Him to empower us to boldly proclaim the true gospel without timidity, fear, shame, or compromise. (Deut. 31:6; Phil. 1:14; 2 Tim. 1:7; Rom. 1:16)



H is for Holiness

Ask the LORD to set the church apart, to sanctify us through His Truth, and to wash us with water and the Word so that we might be a glorious church, pure and blameless, without stain, wrinkle, or blemish. Pray that God would make us holy as He Himself is holy. (John 17:17; Ephesians 5:25-27; 1 Peter 1:15-16;)



U is for Unity

Pray that God would unify His church completely in love for Him and for one another. Ask Him to grant us a singleness of spirit and purpose so that we will do nothing from selfish ambition or vain conceit. May the LORD cultivate in us the mind of Christ and conform us to His image. (John 17:23; John 13:35; Philippians 2:1-8)



R is for Resolve

Pray that God would help us hold fast to the confession of our hope without wavering, knowing that He who began a good work in us will be faithful to complete it. May we be resolved to know Christ and Him crucified, confident He will guard everything we have entrusted to Him. (Hebrews 10:23; Philippians 1:6; 1 Corinthians 2:2; 2 Timothy 1:12)



C is for Compassion

Ask God to develop in His church a heart of compassion and make us gentle, kind, and patient. Pray He'll teach us to consider the needs of others as more important than our own, to care for orphans and widows in their distress, and to address both the physical and spiritual needs of the poor. (Col. 3:12; Phil. 2:3-4; James 1:27; James 2:15-17)



H is for Humility

Remembering that "God resists the proud but gives grace to the humble," ask the LORD to cultivate in His church a spirit of humility and meekness. May we draw near to God, so that He will draw near to us. (James 4:6; Proverbs 29:23; Isaiah 57:15; James 4:8)

JOHN MACARTHUR

New York Times Best-Selling Author

ALONE WITH GOD

REDISCOVERING THE POWER
AND PASSION OF PRAYER



JOHN
MACARTHUR



LORD, TEACH ME

to

PRAY



AN INVITATION to INTIMATE PRAYER

*At the
Throne
of
Grace*

A BOOK OF PRAYERS

JOHN
MACARTHUR

Approaching God with an Open Heart Week After Week

A YEAR
of
PRAYER

John MacArthur

Ten Prayers of Jesus & Paul in the New Testament:

1. Jesus prayer before the cross: MT 26:39 Going a little farther, he fell with his face to the ground and **prayed**, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

2. Jesus prayer for Peter: Luke 22:32 But I **have prayed** for you, Simon, that your faith may not fail.

3. Jesus prayer for himself: JN 17:1-5 After Jesus said this, he looked toward heaven and **prayed**:

"Father, the time has come. Glorify your Son, that your Son may glorify you. ² For you granted him authority over all people that he might give eternal life to all those you have given him. ³ Now this is eternal life: that they may know you, the only true God, and Jesus Christ, whom you have sent. ⁴ I have brought you glory on earth by completing the work you gave me to do. ⁵ And now, Father, glorify me in your presence with the glory I had with you before the world began.

4. Jesus prayer for his disciples: JN 17:6-19 "I have revealed you to those whom you gave me out of the world. They were yours; you gave them to me and they have obeyed your word. ⁷ Now they know that everything you have given me comes from you. ⁸ For I gave them the words you gave me and they accepted them. They knew with certainty that I came from you, and they believed that you sent me. ⁹ I **pray** for them. **I am** not **praying** for the world, but for those you have given me, for they are yours. ¹⁰ All I have is yours, and all you have is mine. And glory has come to me through them. ¹¹ I will remain in the world no longer, but they are still in the world, and I am coming to you. Holy Father, protect them by the power of your name--the name you gave me--so that they may be one as we are one. ¹² While I was with them, I protected them and kept them safe by that name you gave me. None has been lost except the one doomed to destruction so that Scripture would be fulfilled. "I am coming to you now, but I say these things while I am still in the world, so that they may have the full measure of my joy within them. ¹⁴ I have given them your word and the world has hated them, for they are not of the world any more than I am of the world. ¹⁵ **My prayer is** not that you take them out of the world but that you protect them from the evil one. ¹⁶ They are not of the world, even as I am not of it. ¹⁷ Sanctify them by the truth; your word is truth. ¹⁸ As you sent me into the world, I have sent them into the world.

5. Jesus prayer for all believers: JN 17:19-26 For them I sanctify myself, that they too may be truly sanctified.

"**My prayer is** not for them alone. I **pray** also for those who will believe in me through their message, ²¹ that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. ²² I have given them the glory that you gave me, that they may be one as we are one: ²³ I in them and you in me. May they be brought to complete unity to let the world know that you sent me and have loved them even as you have loved me. "Father, I want those you have given me to be with me where I am, and to see my glory, the glory you have given me because you loved me before the creation of the world

6. Paul's prayers for the Romans: Romans 1:9-10 God, whom I serve with my whole heart in preaching the gospel of his Son, is my witness how constantly I remember you ¹⁰ in my **prayers** at all times; and **I pray** that now at last by God's will the way may be opened for me to come to you.

RO 10:1 Brothers, my heart's desire and **prayer** to God for the Israelites is that they may be saved.

7. Paul's prayers for the Ephesians: Eph 1:16-19 I have not stopped giving thanks for you, remembering you in my **prayers**. ¹⁷ I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. ¹⁸ **I pray** also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, ¹⁹ and his incomparably great power for us who believe.

EPH 3:14-19 For this reason I kneel before the Father, ¹⁵ from whom his whole family in heaven and on earth derives its name. ¹⁶ **I pray** that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And **I pray** that you, being rooted and established in love, ¹⁸ may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge--that you may be filled to the measure of all the fullness of God.

8. Paul's prayers for the Philippians: PHP 1:9-11 And this **is my prayer**: that your love may abound more and more in knowledge and depth of insight, ¹⁰ so that you may be able to discern what is best and may be pure and blameless until the day of Christ, ¹¹ filled with the fruit of righteousness that comes through Jesus Christ--to the glory and praise of God.

9. Paul's prayers for the Colossians: COL 1:9-14 For this reason, since the day we heard about you, we have not stopped **praying** for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding. ¹⁰ And we **pray** this in order that you may live a life worthy of the Lord and may please him in every way: bearing fruit in every good work, growing in the knowledge of God, ¹¹ being strengthened with all power according to his glorious might so that you may have great endurance and patience, and joyfully ¹² giving thanks to the Father, who has qualified you to share in the inheritance of the saints in the kingdom of light. ¹³ For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, ¹⁴ in whom we have redemption, the forgiveness of sins.

10. Paul's prayers for the Thessalonians: 2TH 1:11-12 With this in mind, **we** constantly **pray** for you, that our God may count you worthy of his calling, and that by his power he may fulfill every good purpose of yours and every act prompted by your faith. ¹² We **pray** this so that the name of our Lord Jesus may be glorified in you, and you in him, according to the grace of our God and the Lord Jesus Christ.

5 L's of A Good Church...

- ▶ **Loves** God and People
- ▶ **Learns** the Word of God
- ▶ **Lives** the Word of God
- ▶ **Looks** for Jesus' Return
- ▶ **Longs** for Jesus' Kingdom

5 Prayers for Truth Bible Church:

Lord for your greatest glory grant our church regular...

- 1. Confessions** (New Converts committing to live for Jesus as their personal Lord)
- 2. Baptisms** (New Christians publicly identifying with Christ and other Christians)
- 3. Memberships** (Obeying Christ's command to meet regularly with other Christians, practice the "one another" commands, and rank under a plurality of Elders)
- 4. Discipleship** (Mentorship helping Christians grow and mature in the faith)
- 5. Leadership** (developing the next generation of Evangelists/Missionaries, Elders/Pastors, and Deacons/Ministry Leaders)

The MODEL Staff Member we are looking for, praying for, and preparing for:

We are looking for a Barnabas... a Man of:

- ▶ Character – “A Good Man” (Leadership by example, above reproach, blameless, not accusable – Titus 1, 1 Tim. 3)
- ▶ Power – “Full of the Holy Spirit” (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control – Gal. 5:22)
- ▶ Obedience – Full of Faith (prayer, trust, reliance, dependence, action – James 2:26)
- ▶ Evangelism – He added a considerable multitude to the Lord — Acts 11:24, 13:49, 20:26, Romans 15:20, Col. 1:5-6, 23 – can we say like Paul we have preached to the entire region and the entire region has heard the gospel?

Practically we are praying for and looking for a new Pastor who...

- ▶ Loves God (all heart, soul, strength)
- ▶ Loves the Word (trembles, treasures, and teaches the Word)
- ▶ Love the Church, Loves People – specifically our People
- ▶ Will commit and stay for a good length of time to be faithful and fruitful (discipleship takes TIME)

Each week... write down/record your prayers (heart cries to the Lord)

▶ Praises – Victories, Answered Prayers (things you are thanking God for)

1. Encouragement to get first lead with Jason Lancaster - Stewart Baker applied from Abilene KS
2. Bebe and Kylah safe on road trip back to OK/tornadoes near Nashville last Wed. - time together, Caleb safe travels with friends to Canada
3. Progress on Kitchen yesterday - stove broke, new stove and frig
4. Wes and Hannah both doing well/working hard in school
5. Fun just soaking up Drewbie and Evers - Evers makes 100 boxes of Hopscotch, 3 goals last Sat., Drewbie with tight hugs/lovins, talking more
6. Marissa walking w/ encouraging women in the church
7. Dad excellent job preaching the gospel at Connie's funeral – over 100 Ultimate questions passed out

▶ Requests – needs, struggles, trials (things you are asking God for)

1. Youth Pastor Search
2. Comfort and salvation for all of Benton's family - Wed. funeral this week for Connie Rice
3. Comfort for Waite family with home going of D.A. Waite (96 years old, race well run - preached into his nineties - NJ area - Richard's father, Jake's granddad, Jake Jr. great grandfather
4. The Lord to replace the Thompsons and Cannons in his timing - last Sunday was last Sunday for Cannons
5. Wisdom and God's will for replacing staff
6. Follow up with new believers (*) and ongoing Counseling situations (*)
7. Chad - wisdom with rental situation, schedule, decisions, self-control/self-denial/self-discipline, being loving, gracious, kind, edifying, positive, hopeful, joyful with my family

Each week... write down/record your prayers (heart cries to the Lord)

▶ **Ongoing Requests (Things you have been praying for a long time)**

1. Yvonne Hunt, health, healing, wisdom and sustainment for Jim
2. Rebecca Whorl health
3. Bret Foster - Elder at SAYSF Bible Church who has terminal cancer
4. Nathan Busenitz - GCC/Master's Seminary - losing eye sight
5. * brother of * that is demonically oppressed or other
6. Reaching our neighbors for Christ <https://www.navigators.org/resource/30-days-praying-neighborhood/>
7. Salvation of all Laird kids, marry in the faith, raise a godly legacy through our line
8. Wisdom and blessing/fruitfulness in how to pray and reach/fish for men - Dr. and Mrs. Patel, Guys, Lomax/Shanklin, Hopwoods, Kuidlans, Lindseys, Fionini's, John, Vic, (Wendy's),

▶ **Specific Prayers for TBC** (prayers for your local church to be the most beautiful bride and glorifying to God as possible)

1. Our church to pray for specific increase/power/fruitfulness to increase our faith/prayer/faithfulness - specifically more confessions, baptisms, memberships, discipleships, leaderships...and volunteers!
2. Improve weaknesses - prayer, evangelism, one-anothers, application/action/growth/faithfulness
3. More Elders at TBC
4. Staff needs (children's, youth, Calvert Campus Pastor)
5. Property search for TBC

Each week... write down/record your prayers (heart cries to the Lord)

▶ Prayers for my relationships (The Big 5)

1. My relationship with God (devotional life)
2. My relationship with wife (married life)
3. My relationship with kids (parenting life)
4. My relationships with extended family and friends (my church life)
5. My relationships with the lost/unbelievers (my evangelism life)

▶ Prayers for sanctification/progress over sin (holiness/purity/righteousness/godliness/Christ-likeness)

1. Mouth - no cursing/de-edification
2. Eyes - no lust
3. Ears - no gossip
4. Mind - pure mind/heart
5. Body - only instrument of righteousness

Help Me Prayers by David in the Psalms

- ▶ **Psalm 25** – Lift me, protect me, strengthen me, teach me, lead me, remember me, forgive me, restore me, instruct me, lead me, humble me, remind me, cleanse me, guide me, abide in/with me, reveal to me, focus me, comfort me, free me/set me free, understand me, keep me, deliver me, guard me, redeem me.
- ▶ **Psalm 28** – Hear me, answer me, help me, vindicate me, be magnified/exalted/glorified in me, shepherd me, carry me,
- ▶ **Psalm 31** – Protect me, deliver me, save me, lead me, guide me, bring me (out of the net), ransom me, be gracious to me, shine on me, hide me, keep me, help me, guard me, encourage me.
- ▶ **Psalm 32** – Forgive me, hide me, guard me, surround me, teach me, counsel me, surround me
- ▶ **Psalm 51** – Grace me, erase me (my sin), wash me, cleanse me, purify me, wash me, remake me (make me hear joy and gladness), hide me, have mercy on me, recreate me (create in me a new heart), renew me, don't leave me (cast me not away from your presence), restore me (the joy of my salvation), sustain me (with a willing spirit), deliver me (my guiltiness), use me (open my lips...to declare your praise), break me (a broken and contrite heart), forgive me, bless me (by your favor do good, build the walls).

7 TBC Take Aways from the 1st Missionary Journey:

3. (13:3) Laying on of hands in the church – commissioning for service (Hebrews 6:1–2) – the work God has called you to in the church/under the oversight and authority of the local church

- a. Blessing Children – Mt. 19:13–15, Mark 10:16,
- b. Healing the Sick – Mark 5:23, 8:23, 16:18, Lk. 4:40, Acts 9:12,
- c. Receiving the Holy Spirit – Acts 8:17–19, 9:17, 19:6,
- d. Receiving Spiritual Gifts – 1 Tim. 4:14, 2 Tim. 1:6
- e. Appointing/Commissioning Elders and Deacons and Missionaries – Acts 6:6, Acts 13:3, 1 Tim. 5:22,
- f. Doing the work God has called you to do in the church under the oversight of the Elders – Hebrews 6:1–2

Acts 13:3 ³ Then, when they had fasted and prayed and laid their hands on them, they sent them away.



The ordination charge given by Pop to Justin:

Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity. Till I come, give attention to reading, to exhortation, to doctrine. Do not neglect the gift that is in you, which was given to you by prophecy with the laying on of the hands of the elders. Meditate on these things; give yourself entirely to them, that your progress may be evident to all. Take heed to yourself and to the doctrine. Continue in them, for in doing this you will save both yourself and those who hear you. (II Timothy 4:12-16)

Justin, here are two things Paul urges Timothy to do with the utmost seriousness: *Take heed to your life and to your doctrine.* Justin, you are to watch out, and you are to continually watch out, and your life and your doctrine are to be the primary target of your vigilant watching. Paul is telling Timothy that there is nothing more important than for him to carefully target his life and his teaching, to make sure that his life and his teaching is thoroughly biblical and upright. And he is to persevere in doing so, making sure nothing slips in that would deter him from God's word and God's message.

Justin, as you receive your ordination, it brings you to a new place in your ministry; it is a final verification, or vindication, of your status in this ministry. The word 'ordain' means 'to appoint.' There is a deadly serious appointment involved in ministry, and tonight's ordination further deepens that holy appointment that has followed your ministry these last four and a half years. My charge to you as you go out into the ministry, bearing this ordination, is that you must demonstrate evidence of two realities: first, that you are watching your life, and second, that you are doctrinally sound.

First, you must be watching your life, disciplining it in order to grow more and more holy.

See your life as set apart for the masters use, for the Lord Jesus Christ. And strive, by the grace of God, to grow more and more like Jesus as you do all for God's glory. Be determined to always continue in this direction, no matter what the pressures are that will inevitably come upon you and test you, even as you have already been tested.

Hear these words of Spurgeon: *"The great enemy of souls takes care to leave no stone unturned for the preacher's ruin."* Justin, watch your life!

Secondly, you must demonstrate that you are doctrinally sound by steadfastly adhering to biblical truth.

Justin, your teaching must, as the entirety of I Timothy 4 warns, stay away from anything and everything that veers you from the pristine magnificence of the word of God, no matter how intriguingly interesting or appealing another doctrine might be, no matter how intellectually inviting another teaching might seem, no matter how supposedly freeing a 'new' orthodoxy appeals to you, no matter how many people might be embracing some new teaching they want you to consider, no matter how obstinate or out of date your teaching might appear to others to be because of your tenacity in holding on faithfully to the entire corpus of the scripture. Don't let yourself be swayed or deceived by any of it. None of it is new or what the church needs to become vibrant and alive. Further, never let yourself work to make your message seemingly more acceptable because people might object to the hard truths of the scriptures, but rather speak the truth in love. Remember just how subtle the attacks can be.

Why not a more appealing, embracing, and acceptable message? Why not something new? Why not just a sweet, soothing message of love? The words in 1 Timothy 4:16 answer this question completely: 'Because in doing this... you will save both yourself and your hearers.' Justin, watch your doctrine!

My charge to you is the same as Paul's charge to Timothy: Justin, watch your life and watch your doctrine. Justin, remember these things and live them. You have done well in these first four and a half years of ministry, but never assume you have attained the goal. Instead, as Paul says, *press on toward the goal.*

Speaking about preachers, John MacArthur says this: *"We are the agents by which God brings the grace of salvation to lost people. That's the sum of the ministry. And holiness and commitment to truth moves us along the persevering path of true salvation and makes us a blessing to all who hear our message."*

Justin, may God bless you as you seek to live and minister for him as an ordained minister of the glorious Gospel of our Lord Jesus Christ.

7 TBC Take Aways from the 1st Missionary Journey:

4. (13:1–4) Sending out of missionaries in the early church

- a. Selected out of the church leadership – those already FAITHFUL in the church (apostle – Paul, prophets and teachers – Barnabus, Simeon/Niger, Lucius of Cyrene, Manaen/close to Herod the Tetrarch)
- b. Selected while they were ministering/serving the Lord in the church
- c. Selected while they were praying/fasting
- d. Selected after then entire church fasted and prayed and laid their hands on them (commissioning) before sending them (fast, pray, lay, send)
- e. Ultimately selected by God/sent out by the Holy Spirit – who directed them to the location/target area of God’s choosing (Cyprus and Asia Minor)

Acts 13:4 ⁴ So, being sent out by the Holy Spirit, they went down to Seleucia and from there they sailed to Cyprus.



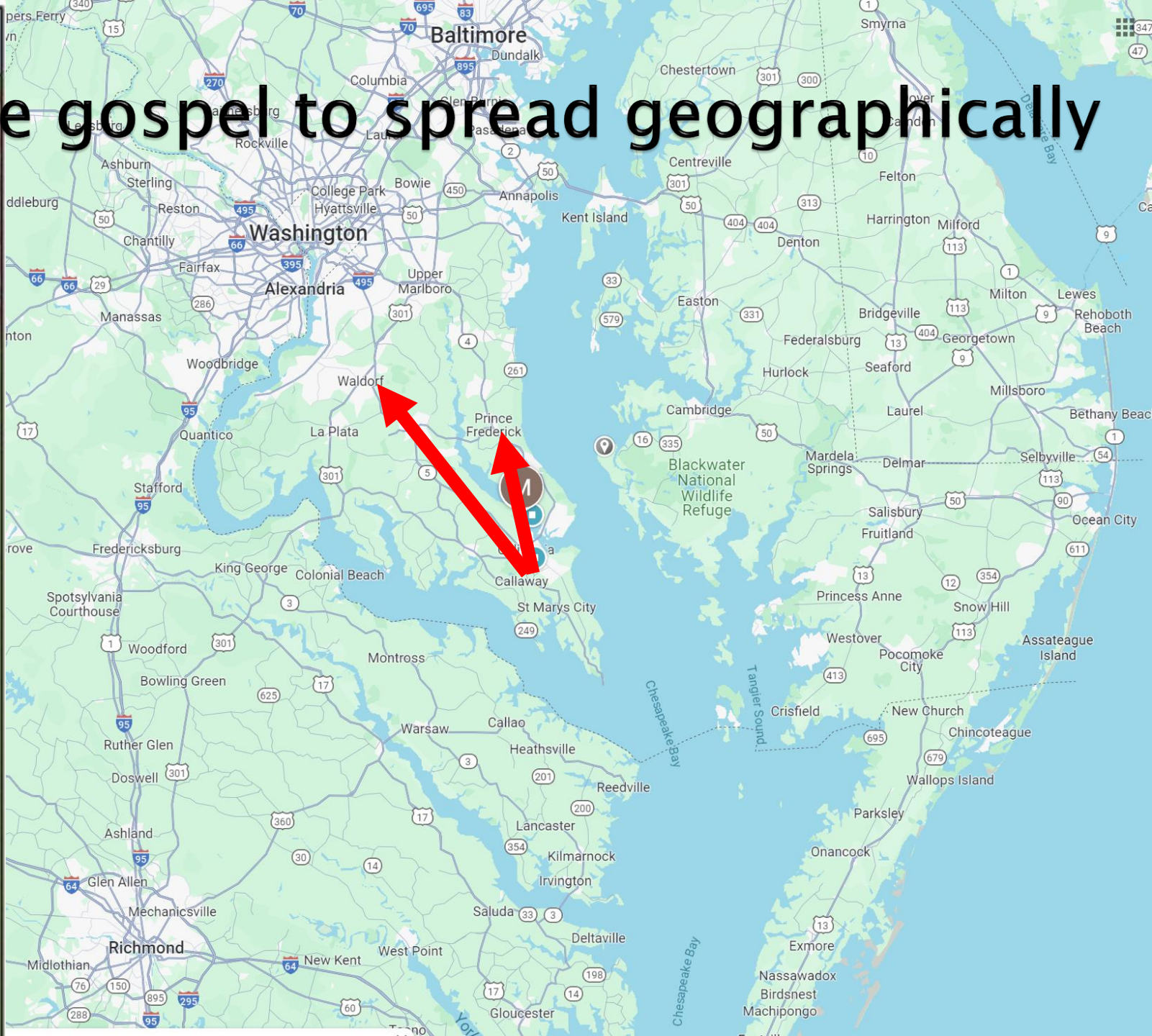
7 TBC Take Aways from the 1st Missionary Journey:

5. (13:5) Target locations of early Missions Work

- a. Where people GATHER to worship, talk/discuss spiritual things, have some Biblical knowledge and background – in this case Jewish Synagogues
- b. Unreached Areas (met people as they traveled Cyprus from one end of the island to the other in order to reach the whole island) (make disciples as you are GOING – Mt. 28:18–20)

Acts 13:5 ⁵ When they reached Salamis, they *began* to proclaim the word of God in the synagogues of the Jews; and they also had John as their helper.

God's will is for the gospel to spread geographically



7 TBC Take Aways from the 1st Missionary Journey:

6. (13:6–7) **Evangelism** in the church – The Two Kinds of People who we should expect when witnessing/sharing the Gospel

a. Those who listen (seekers like Sergius Paulus)

1. Influencers – God does use people of high positions, those with authority or great influence in the home, community, government
2. Seekers – Sergius sought to hear the word of God

b. Those who don't really listen (rejecters like Bar-Jesus (false prophet, magician – aka Elymas)

1. Antagonists /Opponents/Enemies of God/the gospel/the cross – Children of the Devil
2. Specific pushback /strategies to steal the gospel seed/blind/distort/mute the gospel

Acts 13:6-7 ⁶ When they had gone through the whole island as far as Paphos, they found a magician, a Jewish false prophet whose name was Bar-Jesus, ⁷ who was with the proconsul, Sergius Paulus, a man of intelligence. This man summoned Barnabas and Saul and sought to hear the word of God.

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7 TBC Take Aways from the 1st Missionary Journey:

7. (13:8–13) Triumphs and Trials in the early church

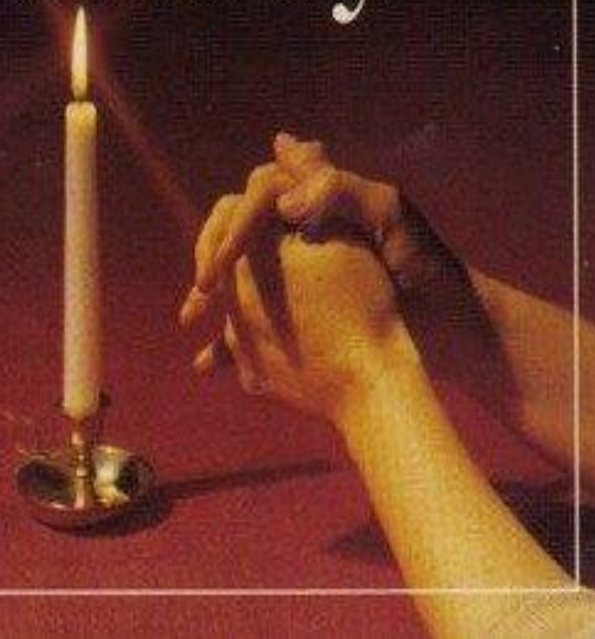
- a. Triumph – Saul/aka Paul – filled with the Spirit for a specific time/purpose/mission
 - 1. The Holy Spirit – reveals people’s true hearts, motivations, unmask, reveals, exposes, uncovers – deceit, fraud, sons of the devil, enemies of righteousness, seeking to make crooked the straight ways of the Lord (confuse, mislead, redefine, subtly change the clear, true, straight words/doctrine/truths of God, Jesus, the Bible)
 - 2. Punishing Miracle – Penalty on a False Teacher – blinding mist of darkness (physical blindness)
- b. Triumph – Conversion of the proconsul Sergius Paulus
 - 1. He believed when he saw this penalizing miracle/judgment.
 - 2. He was amazed at the teaching of the Lord.
- c. Trial – Often at every major victory (especially conversion of new believers) there are ministry discouragements
 - 1. Here John Mark deserts them and goes back home to momma and her nice house.
 - 2. We all will have trails in the church – Working through relationship struggles – forgiving/giving GRACE, overcoming, not quitting when we feel low, feel alone, feel betrayed/hurt/abandoned by others – especially hurts/painful when coming from other Christians (who usually don’t do it intentionally, malevolently, but Satan manipulates and turns circumstances to pit Christian against Christian).

Acts 13:8-13 ⁸ But Elymas the magician (for so his name is translated) was opposing them, seeking to turn the proconsul away from the faith. ⁹ But Saul, who was also *known as Paul*, filled with the Holy Spirit, fixed his gaze on him, ¹⁰ and said, "You who are full of all deceit and fraud, you son of the devil, you enemy of all righteousness, will you not cease to make crooked the straight ways of the Lord?" ¹¹ "Now, behold, the hand of the Lord is upon you, and you will be blind and not see the sun for a time." And immediately a mist and a darkness fell upon him, and he went about seeking those who would lead him by the hand. ¹² Then the proconsul believed when he saw what had happened, being amazed at the teaching of the Lord. ¹³ Now Paul and his companions put out to sea from Paphos and came to Perga in Pamphylia; but John left them and returned to Jerusalem.

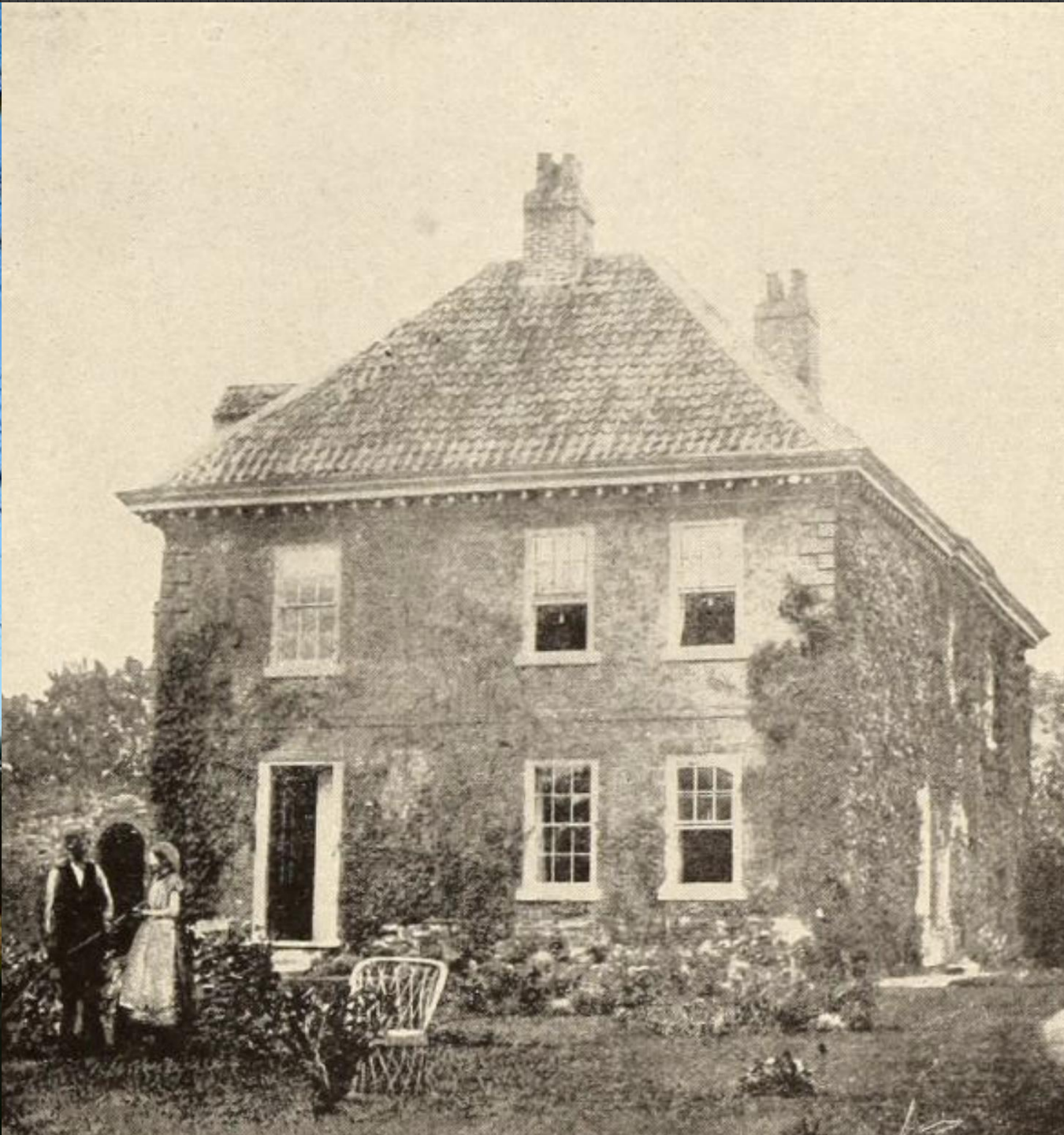


CLARION CLASSICS

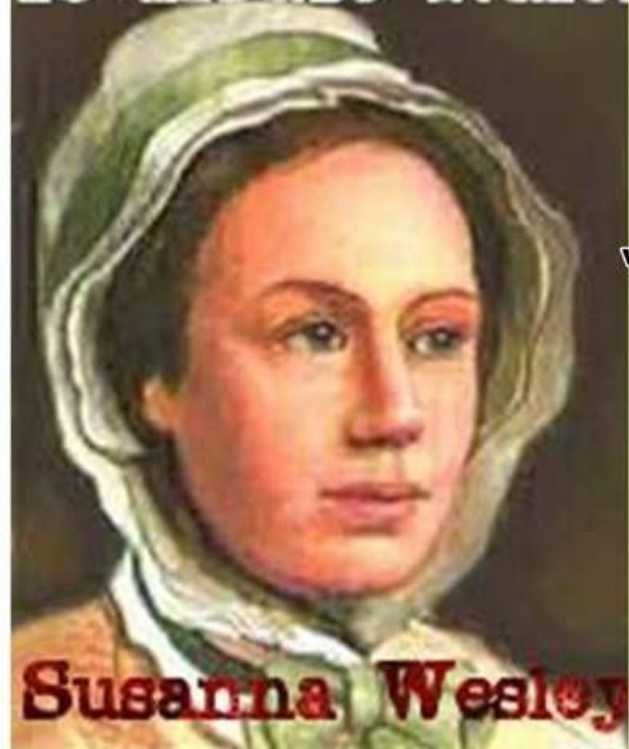
The Prayers of Susanna Wesley







16 House Rules



Here are 16 rules she laid down in her home.

1. Eating between meals not allowed.
2. As children they are to be in bed by 8 p.m.
3. They are required to take medicine without complaining.
4. Subdue self-will in a child, and those working together with God to save the child's soul.
5. To teach a child to pray as soon as he can speak.
6. Require all to be still during Family Worship.
7. Give them nothing that they cry for, and only that when asked for politely.
8. To prevent lying, punish no fault which is first confessed and repented of.
9. Never allow a sinful act to go unpunished.
10. Never punish a child twice for a single offense.
11. Comment and reward good behavior.
12. Any attempt to please, even if poorly performed, should be commended.
13. Preserve property rights, even in smallest matters.
14. Strictly observe all promises.
15. Require no daughter to work before she can read well.
16. Teach children to fear the rod.

ON DISCIPLINE---Susannah Wesley believed that for a child to grow into a self-disciplined adult, he/she must first be a parent-disciplined child. To her, the stubborn flesh was the hardest battle for Christians to fight, and Godly parents would do well to equip their children to overcome it early.

“I learned more about Christianity from my mother than from all of the theologians in England.”

John Wesley

**"HELP ME, LORD, TO REMEMBER THAT RELIGION IS NOT TO BE
CONFINED TO THE CHURCH... NOR EXERCISED ONLY IN PRAYER AND
MEDITATION, BUT THAT EVERY WHERE I AM IN THY PRESENCE."**

- SUSANNA WESLEY -

SO WHAT?

Application



2 Timothy 1:5-18 5 For I am mindful of the sincere faith within you, which first dwelt in your grandmother Lois, and your mother Eunice, and I am sure that it is in you as well. 6 And for this reason I remind you to kindle afresh the gift of God which is in you through the laying on of my hands. 7 For God has not given us a spirit of timidity, but of power and love and discipline. 8 Therefore do not be ashamed of the testimony of our Lord, or of me His prisoner; but join with me in suffering for the gospel according to the power of God, 9 who has saved us, and called us with a holy calling, not according to our works, but according to His own purpose and grace which was granted us in Christ Jesus from all eternity, 10 but now has been revealed by the appearing of our Savior Christ Jesus, who abolished death, and brought life and immortality to light through the gospel, 11 for which I was appointed a preacher and an apostle and a teacher.

Galatians 6:9-10 9 And let us not lose heart in doing good, for in due time we shall reap if we do not grow weary. 10 So then, while we have opportunity, let us do good to all men, and especially to those who are of the household of the faith.