

2025_4_6 Acts 13v1-3

- 1.
- 2.
- 3.
4. Fasting is abstaining from food for spiritual purposes.
5. Fasting isn't about punishing your body—it's about positioning your heart toward God and his purposes.
6. "[Fasting and prayer] is giving heaven notice that he is truly earnest; that he will not give up nor let God go without the blessing; that he does not intend to take 'no' for an answer. Not only so, but he is expressing his earnestness in a divinely appointed way. He is using a means that God has chosen to make his voice to be heard on high."

Arthur Wallis

7. "You can pray without fasting, and you can fast without praying, but when you combine the two, it's like there's a chemical reaction that amplifies the power of prayer."

John Mark Comer

8. Fasting helps us listen to the voice of God and be listened to by God.
9. Now in the church at Antioch there were prophets and teachers: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen, a close friend of Herod the tetrarch, and Saul.
10. As they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." Then after they had fasted, prayed, and laid hands on them, they sent them off.

Acts 13v1-3 (CSB)

11. "Even now—this is the LORD's declaration—turn to me with all your heart, with fasting, weeping, and mourning. Tear your hearts, not just your clothes, and return to the LORD your God.

12. For he is gracious and compassionate, slow to anger, abounding in faithful love, and he relents from sending disaster."

Joel 2v12-15 (CSB)

13. Let me experience your faithful love in the morning, for I trust in you. Reveal to me the way I should go because I appeal to you.

Psalms 143v8 (CSB)

14. Then after they had fasted, prayed, and laid hands on them, they sent them off.

Acts 13v3 (CSB)

15. "You will call to me and come and pray to me, and I will listen to you. You will seek me and find me when you search for me with all your heart. I will be found by you"—this is the LORD's declaration..."

Jeremiah 29v12-14 (CSB)

16. "Fasting helps to express, to deepen, and to confirm the resolution that we are ready to sacrifice anything, to sacrifice ourselves to attain what we seek for the kingdom of God."

Andrew Murray

17. "Fasting liberates us, on the basis of experience, into the abundance of God."

Dallas Willard

18. God's power is put on display at the intersection of fasting and prayer.

19. Then the people of Nineveh believed God. They proclaimed a fast and dressed in sackcloth—from the greatest of them to the least...

20. God saw their actions—that they had turned from their evil ways—so God relented from the disaster he had threatened them with. And he did not do it.

Jonah 3v5,10 (CSB)

21. "This repentance of God, therefore, does not imply any caprice on His part, but it wholly in keeping with His intentions declared beforehand. Because man repents in respect to sin, God repents in respect to judgement. Strictly speaking, then, it is not God that really changes, but man. Man's change of heart makes it morally possible for God to behave differently toward him, yet acting consistently with His holy character and principles."

Arthur Wallis

22. Ways to Participate

New to Fasting? Start small by fasting from one meal on Wednesdays. Use this time to pray, read Scripture, and focus on God.

Some Experience with Fasting? Try fasting for a full 24 hours, from sundown Tuesday to sundown Wednesday. Break your fast with a simple meal and gratitude.

Ready for a Challenge? Fast on both Wednesday and Friday, following the practice of early Christians.

23. God's power is put on display at the intersection of fasting and prayer.

24. Holy Spirit...

What are you wanting to say to me?

Here's what I want to say to you...