
2026 Vision and the Discipline of Fasting

“Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven...

And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others.

Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

Matthew 6:1,16-18

Then the disciples of John came to him, saying, “Why do we and the Pharisees fast, but your disciples do not fast?” And Jesus said to them, “Can the wedding guests mourn as long as the bridegroom is with them?

The days will come when the bridegroom is taken away from them, and then they will fast.

No one puts a piece of unshrunk cloth on an old garment, for the patch tears away from the garment, and a worse tear is made. 17 Neither is new wine put into old wineskins. If it is, the skins burst and the wine is spilled and the skins are destroyed. But new wine is put into fresh wineskins, and so both are preserved.” -

Matthew 9:14-17

Today's Roadmap

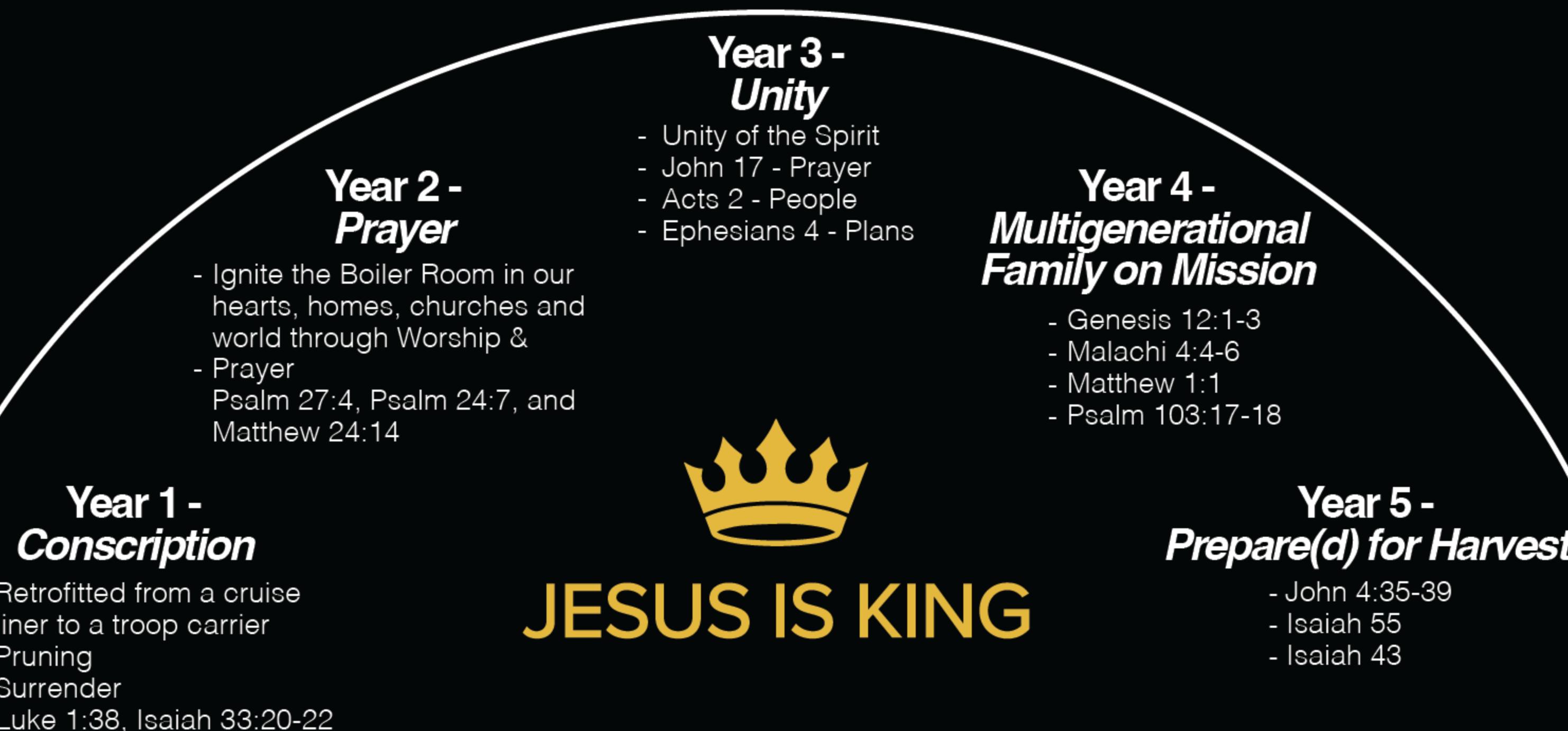
- Antioch Movement WOTL
- Antioch Boone 2026 vision
- What is fasting?
- Takeaways and invitations

Antioch Word of the Lord

- [Word of the Lord video](#)

ANTIOCH'S 5 YEAR WORD (2021-2025)

God is aligning us to our **apostolic** and **prophetic** call
Isaiah 54:2-3, Acts 1:8, Ephesians 2:19-22



Antioch Boone 2026 Words

- FAMILY
 - Connection
 - Relationships
 - Discipleship
 - Bring in the lonely to family
 - Maturing/Growing Up

Antioch Boone 2026 Words

- PRAYER
 - Be the Army of the Lord through prayer
 - “Prayer room”
 - Encounter culture
 - Purity

Antioch Boone 2026 Words

- NEWNESS
 - God is doing a new thing!
 - Equipping, teaching, learning

Antioch Boone 2026 Words

- Boiling it down, **lifegroup** will be more key than ever!

What is fasting?

- Incarnational prayer that puts our hearts in a place of dependence on God

What is fasting?

- We see fasting in the OT and NT frequently used as a response or expression of lament and grief
- It's also seen hand in hand with prayer, especially surrounding weighty decisions and discernment

What is fasting?

- Fasting in the Bible inherently implies not eating food

Why might we fast?

- Fasting is one of our roots! It places our hearts in a place of dependence on God

Why might we fast?

- You might fast out of lament, sadness, and especially **repentance**. It is an act of ultimate surrender and acknowledging that our only true sustenance is God.

Why might we fast?

- You might also fast out of need for discernment or clarity on a decision. The underlying heart posture is the exact same though: surrender and dependence on God.

How do you fast?

- Start small if you've never done it before
- Don't do it out of compulsion but out of your own hunger for God
- Individually or corporately
- Regimented or unplanned

Antioch Boone Fasting and Prayer

- 1/12 - 1/16
- 5:30 - 6:30 PM prayer meetings each day

Response

- God, how are you inviting me to participate in the church wide fast next week?
- God, are there other ways you're inviting me to incorporate the discipline of fasting this year?