

**New Beginnings**  
**Full Send Message Series Week 13**  
**Acts 13**

Pastor Jeff Burkholder  
January 7, 2024

**In order to grow spiritually in 2024, we need to...**

- 1. Depend on God through prayer and fasting.** (Acts 13:1-3)

“The power in fasting has less to do with food than with setting yourself apart for a specific period of time to focus more on the Lord, prayer, and worship. In other words, the power of fasting is found when you consecrate yourself to the Lord and discipline yourself to focus on Him. That’s how your spiritual experience is enhanced.”

Susan Gregory, *The Daniel Fast*, Tyndale Momentum,  
Carol Stream, IL, 2011, p. 19.

- 2. Be on mission with God.** (Acts 13:4-14)

### 3. Meditate on the good news of the gospel.

(Acts 13:15-41)

“How do people receive this forgiveness? It is through *faith* in Christ. Paul says, ‘Everyone who believes is justified through him’... So rest the weight of your sin, guilt, and restless conscience on him. Rest in the grace of Jesus. Stop trusting in anything else. Think you have done too much to be forgiven? Think again. Even those who put Jesus to death were not beyond the reach of God’s saving grace.”

Tony Merida, *Christ-Centered Exposition: Exalting Jesus in Acts*, B&H Publishing Group, Nashville, TN, 2017, p. 191.

#### **Fasting Together Group**

To join the Realm group “Fasting Together,” type in “fasting together” in the search bar on Realm and click on “Join Fasting Together.” Your request to join will be approved within a couple of days.

**Suggested Reading:** *The Daniel Fast* by Susan Gregory