



1.



2. [Group]

Spiritual Disciplines of **increased** activity

- Bible Intake • Prayer • Tithing
- Fellowship/community
- Confession

Spiritual Disciplines of **reduced** activity

- Fasting • Silence/Solitude
- Rest • Frugality
- Simplicity

3. Spiritual Discipline

When Barnabas and Saul had finished their mission, they returned from Jerusalem, taking with them John, also called Mark. Now in the church at Antioch there were prophets and teachers: Barnabas, Simeon called Niger, Lucius of Cyrene, Manaen (who had been brought up with Herod the tetrarch) and Saul. While 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."

Acts 12:25-13:15 (NIV)

4. Acts 12:25-13:15 (NIV)

So after they had fasted and prayed, they placed their hands on them and sent them off. The two of them, sent on their way by the Holy Spirit, went down to Seleucia and sailed from there to Cyprus. When they arrived at Salamis, they proclaimed the word of God in the Jewish synagogues. John was with them as their helper. They traveled through the whole island until they came to Paphos. There they met a Jewish sorcerer and false prophet named Bar-Jesus,

Acts 12:25-13:15 (NIV)

5. Acts 12:25-13:15 (NIV)

who was an attendant of the proconsul, Sergius Paulus. The proconsul, an intelligent man, sent for Barnabas and Saul because he wanted to hear the word of God. But Elymas the sorcerer (for that is what his name means) opposed them and tried to turn the proconsul from the faith. Then Saul, who was also called Paul, filled with the Holy Spirit, looked straight at Elymas and said, "You are a child of the devil and an enemy of everything that is right!

Acts 12:25-13:15 (NIV)

6. Acts 12:25-13:15 (NIV)

You are full of all kinds of deceit and trickery. Will you never stop perverting the right ways of the Lord? Now the hand of the Lord is against you. You are going to be blind for a time, not even able to see the light of the sun." Immediately mist and darkness came over him, and he groped about, seeking someone to lead him by the hand. When the proconsul saw what had happened, he believed, for he was amazed at the teaching about the Lord.

Acts 12:25-13:15 (NIV)

7. Acts 12:25-13:15 (NIV)

From Paphos, Paul and his companions sailed to Perga in Pamphylia, where John left them to return to Jerusalem. From Perga they went on to Pisidian Antioch. On the Sabbath they entered the synagogue and sat down. After the reading from the Law and the Prophets, the leaders of the synagogue sent word to them, saying, "Brothers, if you have a word of exhortation for the people, please speak."

Acts 12:25-13:15 (NIV)

8. Acts 12:25-13:15 (NIV)

As Paul and Barnabas were leaving the synagogue, the people invited them to speak further about these things on the next Sabbath. When the congregation was dismissed, many of the Jews and devout converts to Judaism followed Paul and Barnabas, who talked with them and urged them to continue in the grace of God. On the next Sabbath almost the whole city gathered to hear the word of the Lord.
Acts 13:42-52 (NIV)

9. Acts 13:42-52 (NIV)

When the Jews saw the crowds, they were filled with jealousy. They began to contradict what Paul was saying and heaped abuse on him. Then Paul and Barnabas answered them boldly: "We had to speak the word of God to you first. Since you reject it and do not consider yourselves worthy of eternal life, we now turn to the Gentiles."
Acts 13:42-52 (NIV)

10. Acts 13:42-52 (NIV)

For this is what the Lord has commanded us: "I have made you a light for the Gentiles, that you may bring salvation to the ends of the earth." When the Gentiles heard this, they were glad and honored the word of the Lord; and all who were appointed for eternal life believed. The word of the Lord spread through the whole region.
Acts 13:42-52 (NIV)

11. Acts 13:42-52 (NIV)

But the Jewish leaders incited the God-fearing women of high standing and the leading men of the city. They stirred up persecution against Paul and Barnabas, and expelled them from their region. So they shook the dust off their feet as a warning to them and went to Iconium. And the disciples were filled with joy and with the Holy Spirit.
Acts 13:42-52 (NIV)

12.

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13. Spiritual Discipline