

# Acts 9:19

Authorized King James Version (KJV)

And when he had received meat, he was strengthened. Then was Saul certain days with the disciples which were at Damascus.

## Analysis

**And when he had received meat, he was strengthened. Then was Saul certain days with the disciples which were at Damascus.** Saul's physical recovery and immediate fellowship with Damascus Christians demonstrate conversion's comprehensive transformation—physical, spiritual, and social.

Received meat marks end of three-day fast (Acts 9:9). Physical nourishment accompanies spiritual renewal. God designed humans as embodied souls; genuine conversion affects whole person, not just immaterial spirit. The phrase he was strengthened indicates restoration of physical vigor, preparing Saul for immediate ministry.

Certain days with the disciples shows instant incorporation into Christian community. The very people Saul came to arrest now welcomed him as brother—remarkable testimony to gospel's reconciling power. No probationary period was required; genuine conversion produces immediate fellowship. Reformed theology emphasizes visible church's importance—individual faith finds expression in corporate body.

This fellowship provided doctrinal instruction, encouragement, and authentication. Ananias's testimony (Acts 9:10-18) vouched for Saul's genuine conversion. The Damascus Christians, initially fearful (Acts 9:13-14), embraced their former enemy. This foreshadows Saul's ministry reconciling Jews and Gentiles through gospel.

## Historical Context

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Damascus harbored significant Jewish population with multiple synagogues. Christians there likely fled Jerusalem's persecution, making Saul's pursuit particularly cruel—hunting refugees. His conversion transformed him from persecutor to persecuted (Acts 9:23-25).

The certain days (probably weeks) included both recovery and initial instruction. Galatians 1:16-17 indicates Saul soon withdrew to Arabia for extended time before returning to Damascus. This immediate fellowship established pattern—Paul never operated as lone ranger but always within church community. The Damascus church's willingness to receive Saul around 34-35 CE demonstrates radical Christian love, trusting God's transforming grace.

## Related Passages

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**Psalm 19:1** — Heavens declare God's glory

**Colossians 1:16** — All things created through Christ

## Study Questions

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1. How does physical recovery accompany spiritual conversion in God's comprehensive redemption?
2. What does immediate fellowship with Damascus believers teach about conversion producing instant community?
3. In what ways does the gospel enable former enemies to embrace as brothers and sisters?
4. How should churches balance appropriate caution with welcoming new converts, especially those with troubling pasts?
5. What role does Christian community play in establishing and strengthening new believers?

## Interlinear Text

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καὶ λαβὼν τροφὴν ἐνίσχυσεν Ἐγένετο δὲ  
And when he had received meat he was strengthened was Then  
G2532 G2983 G5160 G1765 G1096 G1161

οὐ Σαῦλος μετὰ τῶν ἐν Δαμασκῷ μαθητῶν  
G3588 Saul with G3588 which were at G1722 G1154 G3101  
G4569 G3326 G1722 G1154 G3101

ἡμέρας τινάς  
days certain  
G2250 G5100

## Additional Cross-References

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**Acts 26:20** (Parallel theme): But shewed first unto them of Damascus, and at Jerusalem, and throughout all the coasts of Judaea, and then to the Gentiles, that they should repent and turn to God, and do works meet for repentance.

**1 Samuel 30:12** (Parallel theme): And they gave him a piece of a cake of figs, and two clusters of raisins: and when he had eaten, his spirit came again to him: for he had eaten no bread, nor drunk any water, three days and three nights.