

"Fasting, WHY Do It?" - 2 Chronicles 20

Fasting is one of the greatest _____ CHRIST has given HIS Church, when coupled with prayer. Yet sadly few Christians ever stay at it long enough to develop skill in using this powerful _____.

King Jehoshaphat was in a bad place: (his reign - 873 B.C. to 848 B.C.)

1. He had just led the nation of Judah _____. He had reestablished the Mosaic System of the Temple, the Law, the Priesthood, and the Judges. It was true _____.
2. Then he received word that the three nations, _____) east and southeast of Judah, had launched an _____ against him. **V.1-2**
3. This multi-national army vastly _____ his army and possessed much more firepower. They were only _____ from Jerusalem when spotted by scouts.
4. Jehoshaphat was _____ for his people. But he made the only appropriate decisions a _____ makes during a crisis:
 - A. He turned his _____.
 - B. He proclaimed _____ for the entire nation (a life or death situation).
 - C. He spoke to the National Assembly in the Temple, and prayed on the basis of _____.
 - D. As all Judah stood reverently before the LORD, a _____ came to Jahaziel, saying, "Do not _____, the battle is not _____ but _____" _____ "for the LORD is _____"

Understanding Fasting:

1. Fasting is not _____ GOD's Arm, to do what you want, by going on a _____.
2. Biblical fasting is doing without _____, for a period of time, to:
 - A. _____ in HIS Presence. 1 Peter 5:5-7
 - B. Give GOD _____ to meet with HIM.
 - C. To produce a yielded _____, and a yielded _____.
 - D. To more quickly and _____, hear what GOD is saying.
3. What prayer do you _____ want answered, so bad, that you _____ to go without food in order to get HIS Perspective ?
4. **Do you Need?** _____ ? _____ ? _____ ?
_____ ? _____ for Ministry a _____ ?

- Then Learn to Fast!

Examples of People who Fasted in the Scripture:

1. Hannah fasted that she would _____. 1 Sam. 1:7-18
2. Ezra fasted for _____ for the Babylonian captives and their dangerous four month, 1000 mile trek back to Jerusalem. Ez. 8:21-23
3. Nehemiah passionately fasted for days in order to get _____ on what to do about the devastated city of Jerusalem. Neh. 1
4. Esther asked the Jews of the Persian capital, Susa, to fast for 3 days before she spoke to the King, to stop the _____. Esther 4:14-17
5. Daniel did a _____ for 21 days to seek revelation for Israel's _____. Daniel 10:1-3
6. The King of Nineveh called a city-wide fast to see if his nation could possibly _____ GOD's prophesied judgment. Jonah 3:5-10
7. JESUS fasted 40 days at the _____ of his ministry. Mt. 4:1-2
8. Anna, the Prophetess, developed a _____ of regular fasting and prayer, so she was able to _____ the infant Messiah. Lk 2:36-38
* **Fasting sharpens your _____.**
9. The Church in Antioch was fasting when the Holy Spirit spoke to commission two particular young men, _____, for the call to missions. Acts 13:2

Practical Tips:

1. _____ by missing one or two meals per week. Progress incrementally.
2. Use _____ of not eating, to read Scripture and pray more.
3. _____ (time alone with GOD) fuels passion and focus. _____ kills both. Fasting is _____ down.
4. Drink plenty _____ while you are not eating.
5. Beware of the _____ which comes from a lack of caffeine and sugar.
6. Some _____ concerns prohibit fasting (diabetes, pregnant).
7. Normally the answers & breakthroughs _____ the Fast.

More resources:

Bill Bright, "The Coming Revival"
Jentezen Franklin, "Fasting"
Derek Prince, "Shaping History Through Prayer & Fasting"
Ronnie Floyd, "The Power of Prayer & Fasting"
Mahesh Chavda, "The Hidden Power of Prayer & Fasting"
Elmer Townes, "Fasting for a Spiritual Breakthrough"
Mike Bickle, "The Rewards of Fasting"