

Fasting and Prayer A Real Breakthrough

Fasting is seldom thought about in the church today. By losing, or just neglecting this spiritual discipline we have also lost a great source of power in our lives and a valuable weapon to fight the flesh and the enemy.

The key to effective fasting is combining it with _____.

Remember the very first point we made about fasting last week:

Fasting does not _____ God!

Fasting does not change God's _____, it changes our _____.

Seven types of fasts in the scriptures:

1. _____ fast (Matthew 4:2)
abstaining from all food, but not from water
2. _____ fast (Daniel 1:12-17)
limiting the diet but not totally abstaining from food
3. _____ fast (Ezra 10:6; Esther 4:16; Acts 9:9)
avoiding all food and water for a short period of time
4. _____ fast (Deuteronomy 9:9)
God suspends the bodily functions
5. _____ fast (Matthew 6:16-18)
fasting in a way that others don't know about it
6. _____ fast (Joel 2:12-13; Acts 13:2-3)
a call to a sacred assembly to meet with God
7. _____ fast (Jonah 3:5-9; 2 Chronicles 7:14)
a nation seeking God in a time of crisis

Breakthroughs With Prayer and Fasting

The dictionary defines a "breakthrough" as:
"a sudden, dramatic and important advance."

I don't know if you've figured this out or not, but God often uses pain to get our attention. (Proverbs 20:30 TEV)

I have been in ministry about 45 years, and what I've learned is... **breakthroughs generally happen when you _____ them!**
They don't just happen spontaneously. (Psalm 77:2)

The examples of two kings.

DAVID (1 Chronicles 14)

Never fight a battle without _____ first.

JEHOSHAPHAT (2 Chronicles 20)

Jehoshaphat does four things right:

1. Instead of worrying, he _____ on God
2. He _____
3. He _____
4. He had everyone join together to _____ God

A valley of battle... became a valley of blessing.

TAKE AWAY:

I'm pretty sure you also have some battles going on in your life. You need a breakthrough. God wants to turn your valleys of battles... into valleys of blessing.