

## Breaking Through

### Prayer and Fasting - Part 1

“So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer.” Ezra 8:23 (NLT)

### When you need a breakthrough...

(2 Samuel 5:17-25 & 2 Chronicles 20:1-4)

#### ...get to a safe place.

“When the Philistines heard that David had been anointed king over Israel, they went up in full force to search for him, but David heard about it and went down to the stronghold.” 2 Samuel 5:17 (NIV)

#### ...ask God for direction.

“Now the Philistines had come and spread out in the Valley of Rephaim; so David inquired of the Lord, ‘Shall I go and attack the Philistines? Will you deliver them into my hands?’” 2 Samuel 5:18-19 (NIV)

“...All day long I call out to you, O LORD. I stretch out my hands to you in prayer.” Psalm 88:9 (GW)



Thumb: Heart

Index: Direction

Middle: Influence

Ring: Relationships

Little: My needs

#### ...be willing to fast.

“Some people came and told Jehoshaphat, ‘A vast army is coming against you’...Alarmed, Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah. The people of Judah came together to seek help from the Lord.” 2 Chronicles 20:2-4 (NIV)

#### ...expect God to act.

“Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the Lord will be with you.” 2 Chronicles 20:17 (NIV)

“So when the army of Judah arrived at the lookout point all they saw were dead bodies lying on the ground as far as they could see...his men went out to gather the plunder and other valuables—more than they could carry. There was so much plunder that it took them three days just to collect it all!” 2 Chronicles 20:24-25 (NIV)