

**FASTING, PRAYER AND PRAISE**  
**2 Chronicles 20:1-25**

**FASTING:**

**Fasting is abstaining from food for a period of time for**

*“Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after He had fasted forty days and forty nights, He then became hungry.” - Matthew 4:1-2*

*“And Jesus returned to Galilee in the power of the Spirit” - Luke 4:14*

*“Then the disciples came to Jesus privately and said, “Why could we not drive it out?” And He said to them, “Because of the littleness of your faith; for truly I say to you, if you have faith the size of a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible to you. But this kind does not go out except by prayer and fasting” - Matthew 17:19-21*

**Fasting builds \_\_\_\_\_**

(vv.1-2) **Jehoshaphat was facing an \_\_\_\_\_**

**PRAYER:**

**Fasting goes hand-in-hand with \_\_\_\_\_**

**Prayer Model - ACTS**

**Adoration, Confession, Thanksgiving, Supplication**

*“God is our refuge and strength, A very present help in trouble”  
- Psalm 46:1*

(v.11) **When you pray, \_\_\_\_\_!**

(vv.12-13) **When you pray, acknowledge \_\_\_\_\_  
over your problem**

*Cast your burden upon the LORD and He will sustain you; He will never allow the righteous to be shaken.” - Psalm 55:22*

(v.16) **Fasting leads to God’s \_\_\_\_\_**

**PRAISE:**

(v.22) **Fasting goes hand-in-hand with \_\_\_\_\_**

*“Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name”  
- Hebrews 13:15*

*“Yes, they knew God, but they wouldn’t worship him as God or even give him thanks. And they began to think up foolish ideas of what God was like. As a result, their minds became dark and confused. Claiming to be wise, they instead became utter fools.”  
- Romans 1:21-23 (NLT)*

(vv.23-24) **Fasting leads to God’s \_\_\_\_\_**

(v.25) **Fasting leads to God’s \_\_\_\_\_  
Fasting is our catalyst for \_\_\_\_\_**

**Some Basics about Fasting:**

**1. Know \_\_\_\_\_ you are fasting**

**2. Have a \_\_\_\_\_**

**3. Listen to your \_\_\_\_\_**

**4. Expect a \_\_\_\_\_!**

*“This is the confidence which we have before Him, that, if we ask anything according to His will, He hears us. And if we know that He hears us in whatever we ask, we know that we have the requests which we have asked from Him.”  
- 1 John 5:14-15*