



5-DAYS OF
FASTING & PRAYER

MONDAY, JANUARY 20 - FRIDAY JANUARY 24

Prepare for Victory!

Optimizing The Time of Fasting

Elder André Blythe | Sunday, January 12, 2025

Eagles Nest Church | Senior Pastor, Lee Jenkins

The “WHAT” of Fasting?



5-DAYS OF
FASTING & PRAYER

- ✓ Fasting is *intentionally denying the flesh to gain a response from God.*
- ✓ It means *renouncing the natural to invoke the supernatural.*
- ✓ In the Bible, fasting occurs when there is a *need for a spiritual breakthrough due to the burdens of life.*
- ✓ Fasting is also applicable when you are *seeking God for direction or guidance* on a new path or significant decision.
- ✓ Fasting is appropriate when you are *hungry for a perpetually closer walk with Jesus.*
- ✓ Be careful! Do not treat *fasting as a ritual*, but rather as another *communication tool* to *strengthen your relationship with Jesus Christ.*



Fasting Effectiveness



- Fasting for Optimal Effectiveness – Fasting must be accompanied by the other Spiritual Disciplines to hear clearly from God:

Spiritual Disciplines	Descriptions
Prayer	Two-way communication with God
Bible Study	Seeking God's face through His Word
Worship	Acknowledging God for His many Attributes
Praise	Thanksgiving for what He has done and what He can do
Faith	Walking in what you believe about God through Trust and Obedience
Dedication - Meditation	Stilling away from distractions to focus on God



2 Chronicles 20:1-2 CSB



“1 After this, the Moabites and the Ammonites, together with some of the Menuites, came together to fight against Jehoshaphat. 2 People came and told Jehoshaphat, “A vast number from the Dead Sea and from Edom has come to fight against you; they are already in Hazazon-tamar” (that is, Engedi).”



Fasting Nugget: “Warfare May Follow Success”

2 Chronicles 20:1-2 CSB



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- Preparing for Victory should not only happen when trouble comes. It should be the lifestyle of a believer.
- King Jehoshaphat had just successfully implemented sweeping reforms that pleased God in 2 Chronicles 19:4-11.
- Key Reminder:

*Preparing for Victory as a lifestyle **will not immunize you** from Spiritual Warfare, but rather, it **will prepare you to respond** during Spiritual Warfare.*



2 Chronicles 20:3-4 CSB



“**3** Jehoshaphat was afraid, and he resolved himself to seek the Lord. Then he proclaimed a fast for all Judah, **4** who gathered to seek the Lord. They even came from all the cities of Judah to seek Him.”

There is a shift in King Jehoshaphat’s prayer and leadership - it *goes from emotional to spiritual*. We must do the same; especially in seasons of Fasting.



Fasting Nugget: “Fear Turns Into Faith”

2 Chronicles 20:3-4 CSB



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- *Fear Projected* - Jehoshaphat was afraid. Vs.3
- *Firm Plan* - He resolved within himself to seek the Lord. Vs.3
- *Fast Proclaimed* - Jehoshaphat proclaimed a fast for all Judah to collectively seek and hear from God. Vs.3
- *Focused Faith* - All Judah aligned their faith and focus with King Jehoshaphat to seek the Lord. Vs.4



2 Chronicles 20:5-9 CSB



5 Then Jehoshaphat stood in the assembly of Judah and Jerusalem in the Lord's temple before the new courtyard.

6 He said: "Lord God of our ancestors, *are you not the God* who is in heaven, and *do you not rule* over all the kingdoms of the nations? Power and might are in Your hand, and *no one can stand against You*.

7 Are you not *our God who drove out the inhabitants* of this land before Your people Israel and who gave it forever to the descendants of Abraham Your friend?

8 They have lived in the land and have *built you a sanctuary* in it *for Your name* and have said,

9 "If disaster comes on us – sword or judgment, pestilence or famine – we will stand before this temple and before You, *for Your name is in this temple.*" We *will cry out to You* because of our distress, and *You will hear and deliver.*"



2 Chronicles 20:10-13 CSB



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10 Now here are the Ammonites, and the inhabitants of Mount Seir. You did not let Israel invade them when Israel came out of the land of Egypt, but Israel turned away from them and did not destroy them.

11 Look how they repay us by coming *to drive us out of Your possession* that You gave us as an inheritance.

12 Our God, will you not judge them? *For we are powerless* before this vast number that comes to fight against us. We do not know what to do, *but we look to you.*”

13 *All Judah was standing before the Lord* with their dependents, their wives, and their children.”



Fasting Nugget: “Don’t Prey....Pray!”

2 Chronicles 20:5-13 CSB



- *Worship* – Vs.5-6: He Acknowledges the Attributes of God.
- *Reverent Remembrance* – Vs.7-9: He Recalls God’s Resume.
- *Communication of Concern* – Vs.10-11: Enormous Enemies Engage for an Attack.
- *Aspiring Adoration* – Vs.12-13: Restatement of their Reliance Upon God for Help.
- *Divine Direction* – Vs.12: Rather than developing their own plan, they ask for God’s Guidance.



2 Chronicles 20:14-17 CSB



14 *“In the middle of the congregation, the Spirit of the Lord came upon Jahaziel (son of Zechariah, son of Benaiah, son of Jeiel, son of Mattaniah, a Levite of Asaph’s descendants),*

15 *and he said, “Listen carefully, all Judah and all you inhabitants of Jerusalem, and King Jehoshaphat. This is what the Lord says: “**Do not be afraid or discouraged** because of this vast number, for the **battle is not yours, but God’s.**”*

16 *Tomorrow, go down against them. **You will see them** coming up the Ascent of Ziz, and **you will find them** at the end of the valley facing the wilderness of Jeruel.*

17 ***You do not have to fight** this battle. **Position** yourselves, **stand still**, and **see the salvation** of the Lord. **He is with you** Judah and Jerusalem. **Do not be afraid or discouraged.** Tomorrow, go out to face them **for the Lord is with you.**”*



Fasting Nugget: “Wait For God’s Response!”

2 Chronicles 20:14-17 CSB



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- God answers Jehoshaphat’s Fears – *God speaks calmly amid their chaos.* Vs.14
- God gives them a word of Encouragement – *Do not be afraid or discouraged.* Vs.15
- God tells them it is not their Fight – *The Battle is not yours, but God’s.* Vs.15
- God shares His GPS – *You will see them in the Ascent of Ziz near the Wilderness.* Vs.16
- God reiterates the path to Victory - *You do not have to fight. Position yourselves, Stand Still, and See the Salvation of the Lord. Do not be afraid or discouraged. Go out and face them for the Lord is with you.* Vs. 17

Fasting and Spiritual Warfare Formula:

(The *Admission* of our inability) + (Our willing *Availability*) × (God’s *Ability*) = *Victory!*



2 Chronicles 20:18-19 CSB



18 “Then Jehoshaphat *knelt low with his face to the ground, and all Judah and the inhabitants of Jerusalem fell down before the Lord to worship Him.*

19 Then the Levites from the sons of the Kohathites and the Korahites *stood up to praise the Lord God of Israel shouting loudly.”*



Fasting Nugget: “Give God Preemptive Worship & Praise”

2 Chronicles 20:18-19 CSB

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- Sincere *Worship* – Vs.18
- Celebration of *Joy Through Praise* – Vs.19
 - *All before the Victory* was manifested or realized!!!
 - In the natural, it looked like a *Paradoxical Praise* (it may not make sense kind of praise)!
 - But in the *Spiritual Realm*, *it was already done!*





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