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"PRAYING AND FASTING FOR A LEAP FORWARD"

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1 CHRONICLES 14:8-11; 2 CHRONICLES 20:1-4 (ESV)

DEFINITION: A leap forward, or breakthrough, is a sudden dramatic and important advance.

INSIGHT: God often uses pain to get our attention. C.S. Lewis once said: "God whispers to us in our pleasure, but He shouts to us in our pain." (Proverbs 20:30)

INSIGHT: Our fast for the next 20 days is for a breakthrough, and breakthroughs happen when you seek them (Psalm 77:2).

I. UP TO YOU

INSIGHT: Your participation in fasting is never commanded. It's always optional; it's our choice, but it's tied to success at gaining God's help.

QUESTION: When you're in tough times, don't know which way to turn, feeling like life is against you...where's your fortified place?

INSIGHT: That's what Life Groups are all about. Life Group is a fortified place, a people who will pray for you, support you, and be there for you.

II. MANAGE YOUR FOCUS (2 Chronicles 20:1-4).

INSIGHT: Notice that while the king deals with fear, he doesn't focus on his worries but on the Lord.

THE KING DID FOUR THINGS:

1. He led the people to seek the Lord.
2. He proclaimed a fast.
3. He confessed their/his need for God's deliverance by prayer.
4. He waited for God to act.

III. HABITS FOR BREAKTHROUGH AND LIFE CHANGE

1. Don't worry about anything (Philippians 4:6).

DEFINITION: Worry is focusing on my fears instead of God (Romans 8:6).

2. Pray about everything (Philippians 4:6; 1 Peter 5:7).

INSIGHT: The way to refocus your thoughts is by prayer and fasting (Daniel 9:3; Ecclesiastes 3:1).

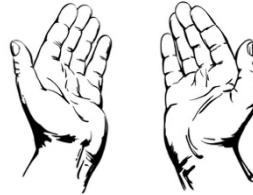
TRUTH: There's a time to feast and there's a time to pray and fast (Psalm 88:9).

"Lord, every day I lift my hands to You in prayer and I call to You."



First, put your hands like this with thumbs closest to your heart.

Now open your palms to God.



Each finger will represent a way to pray and seek God.

Left hand: WHO TO PRAY FOR

Thumb: FAMILY AND FRIENDS, those closest to your heart

Index: TEACHERS AND LEADERS – They point the way/correct.

Tallest: INFLUENCERS, people who stand out in our world

Weakest: THE SICK, POOR, YOUNG and ELDERLY, need help

Smallest: MYSELF – I pray for my needs last.

Right hand: WHAT to pray

Thumb: MY HEART, that it will be filled with love for God and others

Index: PRIORITIES and SCHEDULE – What should I do first?

Tallest: MY INFLUENCE and EXAMPLE, what people see first

Ring: RELATIONSHIPS

Smallest: MATERIAL BLESSINGS, least important but okay to pray – Philippians 4:19