

## PRAYING & FASTING FOR A BREAKTHROUGH

### Seeking God for a Breakthrough — Part 2

**Proverbs 20:30** "Sometimes it takes a painful experience to make us change our ways."

**Psalms 77:2** "When I was in distress, I sought the Lord. Every night I stretched out my hands in prayer to Him."

**1 Chronicles 14:8-11** "When the Philistines learned that David had been made king of Israel, they mobilized all of their forces against him to attack and enslave him, but David heard the news and moved to his fortified place. Then the Philistine army moved in and spread out across the entire valley. So David sought the Lord in prayer. He asked 'Should I go fight these Philistines? Will you give them over to me?' The Lord replied, 'Yes, go ahead! You can certainly count on me to give you the victory!' So David went out and defeated them. Then David said, 'I watched the Lord BREAK THROUGH my enemies like a mighty flood.' So he named the place 'The Lord Broke Through!'"

**2 Chronicles 20:1-4** "After this, three enemies joined forces against Judah. Messengers told the king 'A vast army is coming against you!' Alarmed and afraid, King Jehoshaphat resolved to SEEK the Lord. Then he proclaimed a FAST for everyone. So ALL of people CAME TOGETHER to SEEK HELP from the Lord. They came from everywhere to seek God."

**Philippians 4:6-7** "Don't worry about anything, but in everything, by prayer and petition, with thanksgiving, present your request to God. And the peace of God which transcends all understanding will guard your hearts and your minds in Christ Jesus."

**Philippians 4:8 (NLT)** "Fix your thoughts on things that are TRUE and honorable and right. Think about things that are pure and lovely and admirable, and fill your mind with thoughts that are excellent and worthy of praise."

#### 1. Don't worry \_\_\_\_\_.

**Philippians 4:6a (NLT)** "Do not worry about anything!"

**Philippians 4:6a (Amp)** "Don't fret or fear or have ANY anxiety..."

**Matthew 6:34** "Do not worry about tomorrow for tomorrow will worry about itself. Each day has enough trouble of its own."

**Romans 8:6** "Thinking that is controlled by my sinful nature leads to death, but thinking controlled by the Spirit, leads to life and peace."

**Daniel 9:3** "I turned to the Lord and pleaded with him in prayer and fasting."

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

## 2. Pray \_\_\_\_\_.

**Philippians 4:6b (NLT)** “Don't worry about anything; instead, pray about everything. Tell God what you need...”

**1 Peter 5:7 (NLT)** “Give all your worries and cares to God, for he cares about what happens to you.”

**Psalms 88:9** “EVERY DAY Lord, I lift my hands to you in prayer and I call to you.”

## 3. Thank God \_\_\_\_\_.

**Philippians 4:6c** “...ask God for whatever you need, but always do it with THANKSGIVING, asking him with a thankful heart for all he's done.”

**1 Thessalonians 5:18 (NIV)** “Give thanks IN all circumstances, for this is God's will for you in Christ Jesus.”

**Psalms 116:17a (NLT)** “I will offer you my sacrifice of thanksgiving...”

**Psalms 118:1 (CEV)** “Tell the Lord how thankful you are...”

## 4. Stay focused \_\_\_\_\_.

**Philippians 4:8 (NLT)** “Fix your thoughts on things that are TRUE and honorable and right. Think about things that are pure and lovely and admirable, and fill your mind with thoughts that are excellent and worthy of praise.”

**Philippians 4:7** "If you do this, you will experience God's peace, which is far more wonderful and far more powerful than we can understand. His peace will keep your thoughts and emotions at rest as you trust in Christ Jesus."

**Job 11:13-15** "Surrender your heart to God, stretch out your hands to Him in prayer and give up all your secret sins. Then, instead of feeling shame, you'll be confident and fearless. Your troubles will go away like water beneath a bridge, your darkest hour will become as bright as morning. You will feel safe and secure, filled with hope and emptied of worry, and you will sleep without fear!"