

Sermon Notes
FASTING (2 Chronicles 20)
March 12, 2023

1. Fasting begins with resolve.

- Making up your mind that you can't do this alone. You don't have the wisdom, strength or ability to accomplish a task only God can do.
- **2 Chronicles 20:1–4 (NIV84)** After this, the Moabites and Ammonites with some of the Meunites came to make war on Jehoshaphat. ²Some men came and told Jehoshaphat, "A vast army is coming against you from Edom, from the other side of the Sea. It is already in Hazazon Tamar" (that is, En Gedi). ³Alarmed, Jehoshaphat **resolved to inquire of the LORD, and he proclaimed a fast for all Judah.** ⁴The people of Judah came together to seek help from the LORD; indeed, **they came from every town in Judah to seek him.**

2. Fasting involves the nation and the whole family.

- **2 Chronicles 20:12–13 (NIV84)** ¹²O our God, will you not judge them? For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are upon you." ¹³All the men of Judah, with their wives and children and little ones, stood there before the LORD.

3. Fasting turned the valley of battle into a valley of blessing!

- **2 Chronicles 20:23–26 (NIV84)** ²³The men of Ammon and Moab rose up against the men from Mount Seir to destroy and annihilate them. After they finished slaughtering the men from Seir, they helped to destroy one another.

²⁴When the men of Judah came to the place that overlooks the desert and looked toward the vast army, they saw only dead bodies lying on the ground; no one had escaped.

²⁵So Jehoshaphat and his men went to carry off their plunder, and they found among them a great amount of equipment and clothing and also articles of value—more than they could take away. **There was so much plunder that it took three days to collect it.** ²⁶On the fourth day they assembled in the Valley of Beracah, where they praised the LORD. This is why it is called the Valley of Beracah to this day.

Notice: The battle lasted 1 day; but gathering up the blessings from the battle lasted 3 days!!

- **Principle** ...When you fast, pray, and worship the Lord the valley of battle will become the valley of blessing because "*greater is he that is in you than he that is in the world.*"

3 Types of Fasting:

A full fast is when you abstain from all food and drink except for water (Matthew 4:2).

Partial fast: This is a type of fasting that involves abstaining from a particular type of food.

Daniel fast: (read Daniel 1:12; Daniel 10:12-13)

- Drink only water.
- Eat vegetables - defined as plant-based foods: vegetables, fruits, and whole grains.
- Abstain from all other foods - meat, animal products like dairy and butter, any processed foods, baked goods, sweeteners, artificial ingredients, etc.