

HOPE TALKS
PT.2
FASTING
Sunday, February 25, 2018

“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!’” 1 Chronicles 14:8-11

“After this, 3 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.” 2 Chronicles 20:1-4

HOW? PHILIPPIANS 4:6-8

1. Don’t worry about anything

“Do not worry about anything!” Philippians 4:6a (NLT)

“Don’t fret or fear or have ANY anxiety. . .” Philippians 4:6a (Amp)

WORRY is focusing on my fears instead of God.

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

How do I switch my focus? By fasting

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

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

2. Pray about everything.

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

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

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

LEFT HAND-WHO:

RIGHT HAND-WHAT:

3. Thank God in everything

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

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

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

HOW?

1. Write out a grateful list.

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

2. Give God an offering.

“Celebrate the Harvest Festival, to honor the Lord your God, by bringing him a thanksgiving offering in proportion to the blessing he has given you.”
Deuteronomy 16:10 (TEV)

4. Stay focused on true things.

“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 4:8 (NLT)

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