



**“Fasting For A Breakthrough”
Isaiah 55:6-11**

The Purposes of Fasting & Prayer...

1. To draw near to the Lord

“Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting and sackcloth and ashes.” Daniel 9:3, ESV

“Even now,’ declares the Lord, ‘return to me with all your heart, with fasting and weeping, and mourning.” Joel 2:22, NIV

2. To invite the Lord to work in you

“Sow for yourselves righteousness, reap the fruit of unfailing love, and break up your unplowed ground; for it is time to seek the Lord, until he comes and showers righteousness on you.” Hosea 10:12, NIV

“Yet when they were ill, I put on sackcloth and humbled myself with fasting.” Psalm 35:13, NIV

3. To ask the Lord to work for you

Story of Jehoshaphat: 2 Chronicles 20