

# THE EXIT *STRATEGY*

**Break through Satanic Gridlocks with  
Prayer & Fasting**

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## Dedication

This book is dedicated to Jesus Christ, the Author and Finisher of my faith. He believed in me enough to come to earth to die for me and make me His own. I love You Lord!

I also dedicate this book to several others:

To my big brother Wole Oke (of blessed memory): He was the first to make a full commitment to the Lord Jesus in my family and felt it necessary to come drag me from that ill-fated path to the path of life. Wole, you left early, and got to see Jesus face to face first, but we all will see you both soon!

To my parents, Prof. David and Dr. (Mrs) Bisi Oke: You always believed in me and encouraged me to live life as a trailblazer. I am trailblazing, Mom and Dad! I love you both!

To my children, Kristene-Favorina and Emmanuel-David: No mother could be prouder. I love you guys!

And to my husband, Kayode Tadese: You have been a sturdy covering and God had a picture of you in His mind when He created the role of husband. I love you!

## **Special Thanks**

Special thanks to all who worked tirelessly on this project. There are too many to mention. God bless you all. There is a reward awaiting you from God.

Special thanks to my church family, Abundant Life International Churches, USA. This is the best church family on earth!

## Preface

In my book, “Breakthrough with Prayer and Fasting,” I wrote extensively about how through the exercise of prayer and fasting, you can with God’s power, breakthrough life obstacles and extricate yourself from satanically crafted strangleholds. As I continued to write, God put a whole lot more in my heart to share and it became obvious that I would need to write other books to share these God-given revelations.

In this book, *The Exit Strategy*, I discuss in more detail how to use the Christian discipline of prayer and fasting as a weapon in obtaining victory in life’s battles. The universal enemy of the Christian of course, is the Devil and he is always underhanded, couching his attack against you in seemingly innocuous ways. This book alerts you to his schemes and teaches you how to obtain an effective strategy from God to help you overcome these evil schemes, so you are delivered from satanic gridlocks.

I encourage you to pay particular attention to a chapter which I titled, “What Wisdom is this?” This chapter deals with the different types of wisdom which you will confront in the terrifying gridlocks of life. Also worthy of note, are the sections devoted to obtaining divine instructions from God and how to know with certainty if these really are from Him. For those who are currently going through extremely challenging attacks of the Enemy, I have included a bonus chapter titled “Warfare Prayer Confessions” to help you pray on target.

If you are a young Christian, this book is for you. It introduces you very early to the incredible weapon of prayer and fasting and it teaches you how not to be misled by situations and wrong counsel. If you are a seasoned Christian, you will find much in this book that will be of interest to you. It will solidify what you know; giving you, scriptural backing for what you intuitively always knew was right. I also know you will find new knowledge to garner, because

we are all still discovering God.

If you are an individual who is just curious about Jesus Christ, you definitely want to read this book because it will introduce you to the incredible edge Christians have over their fellow humans. I have included a prayer in the epilogue to help you become a Christian if you so desire after reading this book. I hope you will say that prayer.

Whoever you are, I believe God led you to this book and it is my firm belief that you will be blessed by it.

Peace from God, the Father,

*Tinu Tadese*



“For no temptation ... has overtaken you and laid hold on you that is not common to man ... But God is faithful [*to His Word and to His compassionate nature*], and He [*can be trusted*] not to let you be tempted and tried and assayed beyond your ability and strength of resistance and power to endure, but with the temptation He will [*always*] also provide the way out (the means of escape to a landing place), ...”

**- 1 Corinthians 10: 13 (Amplified Version)**

## Introduction

In this book, I seek to be God's conduit through which He brings you a message of hope. There is indeed a way out of that gridlock you find yourself in.

Although this will not be an in-depth study on the subject of Prayer and Fasting, I seek to introduce you to how critical prayer and fasting is to the walk of the victorious Christian. This book hopefully, will arouse your curiosity and spur you to find out more on this all-important area of the Christian walk. For more on this subject, I encourage you to read my book, *Breakthrough with Prayer and Fasting*.

I hope to shed some light on how to recognize, defeat, and rout the devious (and sometimes human) wisdom that is at the root of some of the most confounding situations we find ourselves.

Your ability to obtain divine instructions is crucial to defeating our arch enemy, Satan and to extricate yourself from his gridlocks. My desire and prayer is that by the time you are done reading this book, you would know how to receive and ascertain God-given instructions and receive your own customized *Exit Strategy* from the Lord.



## Chapter One

### *When Prayer is Not Enough*

If God were ever to promise you something, you can consider it a done deal; or so most Christians were taught from an early age. The Bible says in Numbers 23, verse 19:

Numbers 23:19

19 God *is* not a man, that he should lie; neither the son of man, that he should repent: hath he said, and shall he not do *it*? or hath he spoken, and shall he not make it good?

Yet many Christians are troubled within, by a niggling question (no doubt, hardly ever voiced), *why then can I never seem to breakthrough my monumental problems? How come no matter how long I pray, some of these issues just won't go away?* Well, the simple truth is, prayer alone is sometimes not enough. Hey, wait; before you put this book down, I need you to read a little bit further.

Jesus, our Lord, did teach this quite often-forgotten principle in the seventeenth chapter of Matthew. He taught his disciples that sometimes just praying about an issue is simply not enough. Let us look at exactly what Jesus taught in this portion of scripture.

In Jesus' absence, a man had brought his demon-possessed son to the disciples imploring them to cast out the demon. His disciples had been unable to cast out this demon but when Jesus eventually came on the scene, He cast it out without much effort. In their confusion, the disciples asked, "Why could we not cast out this

demon?”

Jesus’ answer in Matthew 17:20 throws some light on this area that has troubled so many Christians through the ages: The area of helplessness in the face of insurmountable challenges.

Matthew 17:20

20 And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.

Therefore, we see that Jesus reprimanded his disciples concerning their lack of faith. It is possible that Jesus had seen them arguing amongst themselves as to whether or not the demon could be cast out. Whatever it was Jesus saw them doing, it spoke loudly of unbelief. However, if we read a little further, we will notice that Jesus had an additional comment in this particular situation in verse 21:

Matthew 17:21

21 Howbeit this kind goeth not out but by prayer and fasting.

What kind? This kind of demon or this kind of situation will not be solved without the combination of prayer and fasting. It seems that Jesus, discerning that situation, was able to see that this was a “heavy-duty” demon. The Bible does teach about various levels and orders of opposing forces in the spirit realm with which the believer has to contend.

Ephesians 6:12

12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

These demonic forces cannot stop your prayers from being heard, but they can certainly stop the manifestation of the answers to your prayers. In that same chapter of Ephesians, we are told to

stand our ground and then told to pray with all manner of prayers.

Ephesians 6:18 AMP

18 Pray at all times (on every occasion, in every season) in the Spirit, with all [manner of] prayer and entreaty. To that end keep alert and watch with strong purpose and perseverance, interceding in behalf of all the saints (God's consecrated people).

So why did Jesus insist that some situations need the combination of prayer and fasting? To answer this question, we need to understand the whole concept of the fast.

### **A Spiritual Fast**

What then is a spiritual fast? Before I answer that question, I would like us to start from what a spiritual fast is not. A spiritual fast is NOT just abstinence from food. *A spiritual fast IS denying oneself of bodily conveniences (especially food) in order to seek God and hear from Him.*

The main point of a spiritual fast is self-denial *in order to seek the Lord*. Therefore just going without food for a few hours or even a few days does not qualify as a spiritual fast. Jesus qualified the key to breakthrough in unusually difficult situations, as PRAYER and FASTING; not just abstinence from food.

The single most important concept of fasting is *focus*. A fast helps you come to a standstill; physically, mentally and emotionally. During a fast that is well executed, you *focus* on God. As you focus on God, *you draw the full attention of God to you; in the sense that God himself knows that He has your full attention.* In the book of Acts, we see Cornelius drawing God's attention to himself:

Acts 10:30 -31

And Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing,  
31 And said, Cornelius, thy prayer is heard, ...

The prophet Daniel did the same with praying and fasting:

Daniel 9:3, 20-21

3 And I set my face unto the Lord God, to seek by

prayer and supplications, with fasting, and sackcloth, and ashes:

20 And whiles I was speaking, and praying, and confessing my sin and the sin of my people Israel, and presenting my supplication before the LORD my God for the holy mountain of my God;

21 Yea, whiles I was speaking in prayer, even the man Gabriel, whom I had seen in the vision at the beginning, being caused to fly swiftly, touched me about the time of the evening oblation.

Therefore, during a time of prayer and fasting, we are in a heightened state of spiritual sensitivity. We become acutely aware of God, and much more aware of the *comings and goings* of the spirit realm.

### **When to Fast**

So when should you fast? Here are at least 6 reasons that may prompt you to fast and pray:

When you need to unlock the devil's gridlock. A *Gridlock* can be defined as a complete lack of movement or progress, which results in a backup or stagnation. So when your life is not moving forward and you are stuck, that would be a great time to seek the Lord with prayer and fasting. Regarding Satanic gridlocks, God will never let you be in a situation in which there is no way of escape; so know that it may seem monumental, but you can come out.

1 Corinthians 10:13 (The Complete Jewish Bible)

13 No temptation has seized you beyond what people normally experience, and God can be trusted not to allow you to be tempted beyond what you can bear.

On the contrary, along with the temptation he will also provide the way out, so that you will be able to endure.

1. When you face an uncommon obstacle. An *obstacle* is an obstruction that stands in the way (and must be removed or surmounted or circumvented); its purpose is to hold up your progress or stop you completely. It is not a distraction; a distraction seeks to draw your attention away from your primary focus. Do not trivialize your obstacle. Take care of it

before it completely stops your progress.

2. When you need a better understanding of a prophetic word or revelation. Sometimes we receive a prophetic impression or God may use one of His servants to speak a word to us. Oftentimes, the word is beyond our human comprehension; we just can't see how this can possibly come to pass. Your set time for a miracle is the day you get a revelation. A *revelation* is the making known of something that was previously secret or unknown. The day you get a revelation is the day you can begin to walk in faith concerning that word. A time of prayer and fasting can many times be used to get this revelation from the Lord concerning the prophecy.
3. When your situation does not line up with what you expect, you can use a fast to unravel the mystery. The Prophet Daniel was in this kind of situation. He understood by reading the prophetic word through the Prophet Jeremiah that it was time for the restoration of Jerusalem. Daniel however did not see anything that suggested that the Jews would be allowed to go back to their beloved Jerusalem, so he set his face to commune with God concerning the divine prophecy.

Daniel 9:1-4

1 In the first year of Darius the son of Ahasuerus, of the seed of the Medes, which was made king over the realm of the Chaldeans;

2 In the first year of his reign I Daniel understood by books the number of the years, whereof the word of the LORD came to Jeremiah the prophet, that he would accomplish seventy years in the desolations of Jerusalem.

3 And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes:

4 And I prayed unto the LORD my God, and made my confession, and said, O Lord, the great and dreadful God, keeping the covenant and mercy to them that love him, and to them that keep his commandments;

Therefore, if you look in God's word and you see a promise, and no matter how hard you try, you can't seem to come to the

realization of that prophetic word, then you may need to fast to hear God. God may tell you if you are missing something or then He may tell you to just be patient.

4. To receive further clarification on a God-given assignment. Moses was in God's presence, fasting for 40 days and 40 nights, to understand the concept of The Law and how it was to be implemented.

Exodus 34:27-28

27 And the LORD said unto Moses, Write thou these words: for after the tenor of these words I have made a covenant with thee and with Israel.

28 And he was there with the LORD forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the ten commandments.

5. To receive spiritual strength, wisdom, and equipping before embarking on an unusual assignment. Before the Lord Jesus embarked on His earthly ministry he fasted 40 days and 40 nights.

Luke 4:1-2

1 And Jesus being full of the Holy Ghost returned from Jordan, and was led by the Spirit into the wilderness,

2 Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered.

## **What You Can Expect When You Fast**

When we fast and pray, God responds to us in very specific ways. The bottom line is: God does not mete out one-size-fits-all miracles; He gives customized miracles. The divine intervention you will experience will be just what you need, when you need it; God specializes in that. I have personally experienced many of these divine interventions I am about to list and since God is “no respecter of persons,” you also, can expect to experience any (or



all of the following):

1. Divine favor. This is *uncommon favor* whereby God raises up somebody, somewhere to use his or her influence, ability or power to help you. Esther 5:1-3.

Esther 5:1-3

1 Now it happened on the third day that Esther put on her royal robes and stood in the inner court of the king's palace, across from the king's house, while the king sat on his royal throne in the royal house, facing the entrance of the house.

2 So it was, when the king saw Queen Esther standing in the court, that she found favor in his sight, and the king held out to Esther the golden scepter that was in his hand. Then Esther went near and touched the top of the scepter.

3 And the king said to her, "What do you wish, Queen Esther? What is your request? It shall be given to you--up to half the kingdom!"

2. Divine wisdom. This is *uncommon wisdom*. When favor opens the door, wisdom lets you know in which direction to go. Many opportunities are lost for lack of wisdom. Luke 21:15

Luke 21:15

15 for I will give you a mouth and wisdom which all your adversaries will not be able to contradict or resist.

3. Divine instructions. These are *uncommon instructions God gives to you; i.e. the step-by-step to-dos*. Although God's instructions may seem unusual, they are always in line with his Word. I encourage you to write down God-given instructions so you don't forget! Psalms 16:7; Psalms 32:8; Habakkuk 2:1-2

Psalms 16:7

7 I will bless the LORD who has given me counsel; My heart also instructs me in the night seasons.

Psalms 32:8

8 I will instruct you and teach you in the way you should

go; I will guide you with My eye.

Habakkuk 2:1-2

1 I will stand my watch And set myself on the rampart,  
 And watch to see what He will say to me, And what I will  
 answer when I am corrected.

2 Then the LORD answered me and said: “Write the  
 vision And make it plain on tablets, That he may run  
 who reads it.

4. Supernatural intervention. This is when God begins to supernaturally touch the key players in your situation. Genesis 20:1-3

Genesis 20:1-3

1 And Abraham journeyed from there to the South, and dwelt between Kadesh and Shur, and stayed in Gerar.

2 Now Abraham said of Sarah his wife, “She is my sister.” And Abimelech king of Gerar sent and took Sarah.

3 But God came to Abimelech in a dream by night, and said to him, “Indeed you are a dead man because of the woman whom you have taken, for she is a man’s wife.”

5. Supernatural orchestration of events. *Divine connections* whereby God supernaturally links two seemingly unconnected people together for your good. For example, Peter and Cornelius.

Acts 10:30-32

30 And Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing,

31 And said, Cornelius, thy prayer is heard, and thine alms are had in remembrance in the sight of God.

32 Send therefore to Joppa, and call hither Simon, whose surname is Peter; he is lodged in the house of one Simon a tanner by the sea side: who, when he cometh, shall speak unto thee.

Barnabas and Saul (Acts 13:2).

Acts 13:2

2 As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work

whereunto I have called them.

6. Activation of the ministry of angels. A fast can *unleash the ministry of angels*. Every believer has a *guardian angel* and indeed a whole host of angels who are available, should help be required.

Matthew 18:10

10 Take heed that ye despise not one of these little ones; for I say unto you, That in heaven their angels do always behold the face of my Father which is in heaven.

These angels are on standby and *their foremost assignment from God is to serve and minister to the believer*. Psalms 103:20; Hebrews 1:14.

Psalms 103:20

20 Bless the LORD, you His angels, Who excel in strength, who do His word, Heeding the voice of His word.

Hebrews 1:14 GNB

14 What are the angels, then? They are spirits who serve God and are sent by him to help those who are to receive salvation.

God sends these angels on assignment *to orchestrate events and help remove all obstacles to answered prayers*. Daniel 10:11-13, 20

Daniel 10:10-13, 20

10 Suddenly, a hand touched me, which made me tremble on my knees and on the palms of my hands.

11 And he said to me, "O Daniel, man greatly beloved, understand the words that I speak to you, and stand upright, for I have now been sent to you." While he was speaking this word to me, I stood trembling.

12 Then he said to me, "Do not fear, Daniel, for from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard; and I have come because of your words.

13 But the prince of the kingdom of Persia withstood me twenty-one days; and behold, Michael, one of the chief princes, came to help me, for I had been left alone

there with the kings of Persia.

20 Then he said, “Do you know why I have come to you? And now I must return to fight with the prince of Persia; and when I have gone forth, indeed the prince of Greece will come.

7. An exposure of the root of the problem and the *defeat of the opposition*.

Esther 7:2-6,10

2 And the king said again unto Esther on the second day at the banquet of wine, What is thy petition, queen Esther? and it shall be granted thee: and what is thy request? and it shall be performed, even to the half of the kingdom.

3 Then Esther the queen answered and said, If I have found favour in thy sight, O king, and if it please the king, let my life be given me at my petition, and my people at my request:

4 For we are sold, I and my people, to be destroyed, to be slain, and to perish. But if we had been sold for bondmen and bondwomen, I had held my tongue, although the enemy could not countervail the king’s damage.

5 Then the king Ahasuerus answered and said unto Esther the queen, Who is he, and where is he, that durst presume in his heart to do so?

6 And Esther said, The adversary and enemy is this wicked Haman. Then Haman was afraid before the king and the queen.

10 So they hanged Haman on the gallows that he had prepared for Mordecai. Then was the king’s wrath pacified.

8. Divine promotion in the midst of your troubles. *Promotion that cannot be explained or contested*. Esther 8:1-2; Esther 9: 4; 1 Samuel 2:8

Esther 8:1-3

1 On that day King Ahasuerus gave Queen Esther the house of Haman, the enemy of the Jews. And Mordecai came before the king, for Esther had told how he was related to her.

2 So the king took off his signet ring, which he had

taken from Haman, and gave it to Mordecai; and Esther appointed Mordecai over the house of Haman.

3 Now Esther spoke again to the king, fell down at his feet, and implored him with tears to counteract the evil of Haman the Agagite, and the scheme which he had devised against the Jews.

Esther 9:4

4 For Mordecai was great in the king's palace, and his fame spread throughout all the provinces; for this man Mordecai became increasingly prominent.

1 Samuel 2:8

8 He raises the poor from the dust And lifts the beggar from the ash heap, To set them among princes And make them inherit the throne of glory. "For the pillars of the earth are the LORD's, And He has set the world upon them.

9. A reversal of the judgment against you or an alternative way out! God is able to *re-write laws on your behalf or cause institutions to make an exception on your behalf.* Esther chapters 7-9
10. Complete and total victory. This is where we started out from in the spirit and this is where we end up in the natural! Right from the beginning, God considers us the bona-fide victors in the various battles of life. However, in the natural, it does not appear so. If we stay in faith while we pray and fast, our natural experiences will have to line up with what is God's word! Romans 8:37; Esther 9:4-5

Romans 8:37 GNB

37 No, in all these things we have complete victory through him who loved us!

Esther 9:4-5

4 For Mordecai was great in the king's palace, and his fame spread throughout all the provinces; for this man Mordecai became increasingly prominent.

5 Thus the Jews defeated all their enemies with the stroke of the sword, with slaughter and destruction, and

did what they pleased with those who hated them.



## Chapter Two

### *A Well-executed Fast*

To effectively wield the “weapon” of prayer and fasting, you must have in place:

- 1. An attitude of faith.** You must believe that nothing is impossible and that *every* mountain can be moved. This was what Jesus said to the disciples even before speaking to them about fasting. One of the most effective ways of breaking yourself out of a satanic gridlock is to pray and fast. *However, you fast because you believe that there is a way out.* Let’s look at 1 Corinthians 10:13 in the Amplified Bible:

1 Corinthians 10:13 AMP

13 For no temptation (no trial regarded as enticing to sin), [*no matter how it comes or where it leads*] has overtaken you and laid hold on you that is not common to man [*that is, no temptation or trial has come to you that is beyond human resistance and that is not adjusted and adapted and belonging to human experience, and such as man can bear*].

**But God is faithful [to His Word and to His compassionate nature], and He [can be trusted] not to let you be tempted and tried and assayed beyond your ability and strength of resistance and power to endure, but with the temptation He will [always] also provide the way out (the means of escape to a landing place),** that you may be capable and strong and powerful to bear up under it patiently.

Your attitude of faith is completely based on trust in God's faithfulness and compassionate nature. You just know that God will not leave you in that mess – He will bring you out. So you go into a time of praying and fasting knowing that by the time you are done, you will know how to get your breakthrough. We will discuss this in detail later on in this book.

2. **Specificity and objectivity.** The prophet Daniel set himself before God in fasting and praying for the specific purpose of understanding how God was going to return the people of Israel to their land.

Daniel 9:2-3 AMP

2 In the first year of his reign, I, Daniel, understood from the books the number of years which, according to the word of the Lord to Jeremiah the prophet, must pass by before the desolations [*which had been*] pronounced on Jerusalem should end; and it was seventy years. [*Jer. 25:11, 12; 29:10.*]

3 And I set my face to the Lord God to seek Him by prayer and supplications, with fasting and sackcloth and ashes;

Since you do not fast every day, it stands to reason that you need to go into this time with a specific purpose. This way, you can focus on the issue at hand. You really do need to have a specific reason. This may seem obvious but most people are very general when it comes to prayer. They do not know what they want or why they want it. This is what the Bible calls asking “amiss” in James 4:3 in the King James version. You should have a reason to go into His presence. You may be going for a time of fellowship or to seek the Lord concerning specific needs. Whatever the case may be, do not just go because everyone is fasting. Identify your reason or your need. The great thing about a time of fast is that even when you are asking for the wrong thing or asking for the wrong reasons, you are *still and quiet enough* for God to help purify your motives and even clean up your attitude. Asking “amiss” may be why



your miracle has been held up, but during this time, the Lord will help you fix this problem.

James 4:2-3 KJV

2 Ye lust, and have not: ye kill, and desire to have, and cannot obtain: ye fight and war, yet ye have not, because ye ask not.

3 Ye ask, and receive not, because ye ask amiss, that ye may consume *it* upon your lusts.

The King James is a little blind to us. Let's read it in the Good News Bible (GNB).

James 4:2-3 GNB

2 You want things, but you cannot have them, so you are ready to kill; you strongly desire things, but you cannot get them, so you quarrel and fight. You do not have what you want because you do not ask God for it.

3 And when you ask, you do not receive it, because your motives are bad; you ask for things to use for your own pleasures.

Jesus did promise that whatever we ask in His name, we would receive.

John 16:23-24 NKJV

23 "And in that day you will ask Me nothing. Most assuredly, I say to you, whatever you ask the Father in My name He will give you.

24 Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full.

- 3. An attitude of humility.** Humility before God is very crucial. You need to focus on your impotence (i.e. your inability to solve this problem by yourself) and God's omnipotence (i.e. His ability to do ALL things). Most of us try to talk God into a certain way we want Him to solve our situation. The question is, why go into His presence if you feel you already have the resources or the smartness to handle your problem? We must realize that compared to God, we are not all that smart. We must seek Him for His greatness, wisdom, and

power. Jehoshaphat's prayer in 2 Chronicles 20:1-6 is an example of what our attitude should be:

2 Chronicles 20:1-6 NASB

1 Now it came about after this that the sons of Moab and the sons of Ammon, together with some of the Meunites, came to make war against Jehoshaphat.

2 Then some came and reported to Jehoshaphat, saying, "A great multitude is coming against you from beyond the sea, out of Aram and behold, they are in Hazazon-tamar (that is Engedi)."

3 Jehoshaphat was afraid and turned his attention to seek the LORD, and proclaimed a fast throughout all Judah.

4 So Judah gathered together to seek help from the LORD; they even came from all the cities of Judah to seek the LORD.

5 Then Jehoshaphat stood in the assembly of Judah and Jerusalem, in the house of the LORD before the new court,

6 and he said, "O LORD, the God of our fathers, are You not God in the heavens? And are You not ruler over all the kingdoms of the nations? Power and might are in Your hand so that no one can stand against You.

4. **Focus on released wisdom and instruction.** If we read on further in 2 Chronicles 20:13-18, we will see how King Jehoshaphat discovered how to deal with the invading enemy – *He received a word from God*. It is an excellent idea to go into a time of prayer and fasting with a notebook to write down whatever God impresses upon your heart to do. *Do not depend on your "memory"; write it down.*
  
5. **Complete and total obedience.** Child of God, what would be the point in your Father telling you what to do and then you in turn sit on it, procrastinate, and never do it? This would result in you never obtaining your breakthrough. *You must focus on the execution of the instructions given you by God.* We must take our cue from what Mary, said in John 2:5. For a miracle to happen, "...Whatsoever he saith unto you, do it." *There can be no miracle unless we follow through with the instructions*

*God gave us.*

- 6. An attitude of thanksgiving, praise, and worship.** An attitude of praise is the outward evidence that you believe that God has taken care of the issue at hand. This is very powerful because it sets the angels of God in motion. They operate best in an atmosphere where praise is going up to God. Again, we see this with King Jehoshaphat in 2 Chronicles 20:18. After God told him what to do, he bowed down before God in worship - showing that he believed that God would do exactly what He said He would.

2 Chronicles 20:18 NKJV

18 And Jehoshaphat bowed his head with his face to the ground, and all Judah and the inhabitants of Jerusalem bowed before the LORD, worshiping the LORD.

Furthermore, Jehoshaphat in verse 21, "... when he had consulted with the people, he appointed singers unto the LORD, and that should praise the beauty of holiness, as they went out before the army, and to say, Praise the LORD; for his mercy endureth for ever." Look at what happened next.

2 Chronicles 20:22-23

22 Now when they began to sing and to praise, the LORD set ambushes against the people of Ammon, Moab, and Mount Seir, who had come against Judah; and they were defeated.

23 For the people of Ammon and Moab stood up against the inhabitants of Mount Seir to utterly kill and destroy them. And when they had made an end of the inhabitants of Seir, they helped to destroy one another.

## A Practical Fasting To-Do-list

This section is written to guide and help any one who would like to know what to do during a time set apart for fasting and praying. A season or day set aside for fasting and praying should have at the least these 4 components: (1) A Time of Prayer. (2) A time set aside to Interact with the Word of God. (3) A time for receiving divine instructions and (4) A time to reset the thermostat of your will.

For a detailed look at what a day of fasting looks like please see the APPENDIX for an example of a typical day of fast which we practice at my church.

Now let us look at these components in a little more detail.

1. **A Time of Prayer** See examples of prayers offered when some notable bible figures fasted in Nehemiah 1:3-11 and 2 Chronicles 20:3-13.

### What to do:

- Start with worshipping the Lord.
- Repent and confess any sin; acknowledge your shortcomings and blunders, which may have brought you to this point.
- Bring the word of God to Him; showing the confidence in which you come.
- State your need before the Lord.
- Let Him know that you are waiting on Him; you are waiting for His will to be done in your life. Matthew 26:39

2. A time set aside to **interact with the Word of God.**

**Read** the bible: The Will of God should not be “hit and

miss”; it is revealed in the bible.

- Read day and night; if possible, read 1 chapter in the morning, and 1 in the evening.

**Meditate:** Think intently and at length on a biblical example.

- Choose any example in the bible that may have faced similar situations and just read their story repeatedly. Remember that whatever God did for one, He is willing and able to do for another.
- Pay attention to the conditions, and the principles that brought these biblical examples out of their predicaments. God does not respect persons and God is predictable in that He will always work with His word and principles. Romans 2:11

**Memorize:** Take a few scripture verses that seem to jump out at you (this may be God speaking to you) and write them down. Then speak these verses out aloud to yourself repeatedly until you have them deep within your spirit. Psalm 37:31; Proverbs 2:1, 10-11

- 3. A time for receiving divine instructions:** Fellowship with the Holy Spirit is the key to a successful fast. On the day of your fast, go into God’s presence expecting Him to speak to you. When He speaks, you need to write down what He says to you. Therefore, *go in with a journal* for jotting thoughts down. Write down little ideas and nuggets as they arise, set them aside to research them, and then take them back to the Lord in prayer. Actually, this is how you get a plan of action from the Lord. Act 1:14-26; Habakkuk 2: 1-3

Habakkuk 2:1-3 GNB

1 I will climb my watchtower and wait to see what the LORD will tell me to say and what answer he will give to my complaint.

2 The LORD gave me this answer: “Write down clearly on tablets what I reveal to you, so that it can be read at a glance.

3 Put it in writing, because it is not yet time for it to come true. But the time is coming quickly, and what I

show you will come true. It may seem slow in coming, but wait for it; it will certainly take place, and it will not be delayed.

- The Holy Spirit will show you all things. John 16:13
- He will speak a word in your inner ears and tell you where, and how to walk. Isaiah 30:21
- So ask Him to open your eyes, so that you may behold wondrous things in His word as you read. Psalms 119:18
- The Holy Spirit will give you the “tongue of the learned” so that you may know when and how to speak. Isaiah 50: 4-5
- The Holy Spirit will, Himself, teach you how to profit. Isaiah 48:17

**4. A time to reset the thermostat of your will.** Set your will to do His will. This is a crucial aspect of prayer and fasting. A time where we set the thermostat of our souls to do God’s will. God will not override your will but He will gladly walk with you if you give Him the right to work in you and for you. So make up your mind to *obey divine instructions*. 2 Corinthians 12:9 (AMP)

**Be full of expectation.**

Right there, on your day of fasting and praying (*not when you start to see glimpses of a turn around*), be full of expectation; set your heart to experience the supernatural workings of God. Expect God to move on your behalf.