

## PROMISE KINGDOM COMMUNITY MINISTRIES

### 7-Day “Face Down/Plates Down” Fast for 2025:

#### Gaining Victory Through Obedience and Prayer

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**Foundational Scriptures:** In **2 Chronicles 20:1-30**, read the powerful story of King Jehoshaphat. Faced with a massive army coming against Judah, Jehoshaphat **did not know what to do**. His response was to position himself **“faced down”** before the Lord, seeking His guidance. In this moment of uncertainty, Jehoshaphat’s humility and obedience to God’s led to an extraordinary victory.

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#### What Does It Mean to Be “Face Down” in Prayer?

In **2 Chronicles 20**, King Jehoshaphat and the people of Judah were facing a terrifying crisis. They were outnumbered and helpless, but Jehoshaphat chose to **“set his face to seek the Lord”**—a posture of humility, dependence, and complete submission to God. Being **“face down”** symbolizes our **willingness to surrender** to God's authority and trust in His ability to deliver us.

#### Three Key Points from Being “Face Down”:

- 1. Humility and Total Dependence on God:**  
The position of being faced down represents an attitude of humility before God. Jehoshaphat acknowledged that without **God’s intervention**, they could not succeed. This demonstrates that we must humble ourselves and recognize our need for God's guidance in every situation.
  - 2. Seeking God's Guidance in Prayer:**  
When we are “faced down,” we position ourselves to listen to God's voice. Jehoshaphat did not take matters into his own hands but sought God's direction. This teaches us that when we don’t know what to do, we must first seek God in prayer for divine instructions.
  - 3. Obedience to God’s Instructions:**  
As Jehoshaphat received instructions from the Spirit of the Lord, the people obeyed without hesitation. Their obedience led to the victory they did not have to fight for. Being **“face down”** also means being ready to hear and act according to God's instructions.
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## Our Purpose for the “Face Down” Fast:

During this fast, we will follow Jehoshaphat’s example by positioning ourselves before the Lord in prayer and fasting to gain clarity and instructions for the new year, both individually and as a church. We want to be on one accord, just as the people of Judah were, trusting that when we obey God’s instructions, He will go before us and fight on our behalf.

## Key Objectives for This Fast:

- **Breaking Stagnation:** We break the spirit of stagnation that holds us in one place spiritually and physically.
  - **Breaking Poverty:** We declare victory over poverty in every area of our lives—spiritually, financially, and emotionally.
  - **Breaking Mediocrity:** We renounce mediocrity and step into the fullness of what God has for us.
  - **Breaking Inconsistency in Spiritual Growth:** We ask God to strengthen us and grant consistency in our walk with Him.
  - **Breaking Disobedience and Stubbornness:** We commit to true obedience to God’s word and reject stubbornness in our hearts.
  - **Breaking Old Mindsets:** We renew our minds through fasting, aligning our thoughts and actions with God’s will for our lives.
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## The “Face Down” Fast Guidelines:

- **Day 1 to Day 6:**  
*From 6 a.m. to 6 p.m.* – Fast on **fruit, vegetables, and 100% juice.**  
*From 6 p.m. onward* – Add **fish or chicken** to your meals.
- **Wednesday Only:**  
**Fruit and vegetables, water only.** This day is a time of complete consecration and focus on God.

**Pray throughout the day. These kind are only comes out by fasting and prayer**  
**Matthew 17:21**

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**Fasting with Purpose:** We believe that God honors the sacrifice of turning down our plates. Just as **Jehoshaphat** fasted and sought the Lord for direction, we will also seek God’s face to break through the challenges of the past year and gain **VICTORY FOR 2025** in divine strategy as with King Jehoshaphat and his people.

**Victory Through Obedience and Sacrifice:** In **2 Chronicles 20**, the battle was won because Jehoshaphat and the people of Judah were obedient to God’s word. Their fasting and prayer prepared them to receive victory that came through obedience and sacrifice. Just as God

brought victory to Jehoshaphat's army, we believe God will give us victory over the enemy's plans for our lives in 2025.

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### **God's Promise of Ambush:**

What does it mean for God to "ambush" the enemy? When we fast and pray, we are positioning ourselves for divine intervention. In **2 Chronicles 20:22**, as the people of Judah began to praise God, He "**set an ambush**" against the enemies, causing them to destroy each other. This teaches us that when we are in alignment with God, He will fight our battles for us. **God will ambush the enemy**, causing confusion in the camp of the enemy and bringing swift victory to us. We declare that **we will thrive in 2025**.

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### **Conclusion:**

Just as Jehoshaphat's victory came through prayer, fasting, and obedience, we too will be "Face Down with our plates down" to gain victory in every area of our lives. We trust that God will break every barrier in our lives—stagnation, poverty, inconsistency, disobedience, and old mindsets—and bring us into a new season of spiritual growth and breakthrough.

Let us fast with expectancy, knowing that God honors our sacrifice and obedience. **We will thrive in 2025**.

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### **Scripture Reference:**

*"Jehoshaphat was afraid and set his face to seek the Lord, and proclaimed a fast throughout all Judah. And Judah assembled to seek help from the Lord; from all the cities of Judah they came to seek the Lord."* — **2 Chronicles 20:3-4**

*"And he said, 'O Lord, the God of our fathers, are You not God in the heavens? You rule over all the kingdoms of the nations. In Your hand are power and might, so that none is able to withstand You.'" — 2 Chronicles 20:6*

*"The Spirit of the Lord came upon Jahaziel... and he said, 'Do not be afraid and do not be dismayed at this great horde, for the battle is not yours but God's.'" — 2 Chronicles 20:14-15*

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**Prayer:** Father, we thank You for the example of King Jehoshaphat. As we embark on this fast, we humble ourselves before You, seeking Your guidance and trusting You to lead us into victory. We ask that You break every chain, every barrier, and every stronghold in our lives. We declare that this year, we will thrive in Your power, grace, and obedience. In Jesus' name, Amen.

