

The Jehoshaphat Fast and Prayer Plan

Focus Scripture:

"And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah." — 2 Chronicles 20:3

Introduction

The Jehoshaphat Fast and Prayer model is derived from 2 *Chronicles* 20:3–4, where King Jehoshaphat, faced with overwhelming threats from enemy nations, proclaimed a fast and sought the Lord with all of Judah. This plan emphasizes national and personal deliverance through unified, fervent prayer and fasting. The goal is spiritual awakening, divine intervention, and restoration through earnest seeking of God.

Justification for the Program

In a time of crisis, confusion, or national and personal battles, the biblical model set by Jehoshaphat shows us a powerful strategy: seeking the Lord through corporate fasting and prayer. The people of Judah gathered in humility and faith, leading to a miraculous deliverance. The same God who delivered them is available to us today. This program is designed to help believers focus on God's power and promises in the face of adversity.

Mode of Fast: *Select a Plan that works for you from below and adjust the recommended prayers durations to suit the plan.*

- **Type:** Partial Fast (e.g., 6am to 6pm; liquids or light food only if needed)
- **Duration:** Can be structured over 7 days, 14 days, or 21 days as led
- **Format:** Daily time of prayer (morning and evening), Scripture meditation, and worship
- **Participants:** Individuals, families, or congregations

Activities Through the Fast

- Read the entire book of 2 Chronicles
- **Start each prayer with Worship and Praise Daily**
- Confession of God's promises aloud
- Unity in prayer if done corporately (Zoom, church, family or home fellowships)

- End each prayer session with Thanksgiving.

PRAYERS POINTS

A. 40 Starter Prayers (Repeat Prayers daily until you have a Release)

1. Lord, I set my heart to seek You above all else. *(2 Chronicles 20:3)*
2. Help me not to fear, but to trust in Your power. *(Isaiah 41:10)*
3. I declare You are sovereign over all kingdoms and nations. *(2 Chronicles 20:6)*
4. God, I call upon You in this time of trouble. *(Psalm 50:15)*
5. Let Your name be glorified through this situation. *(Isaiah 42:8)*
6. Lord, we confess we have no might, but our eyes are on You. *(2 Chronicles 20:12)*
7. Send divine help from Zion. *(Psalm 20:2)*
8. Let Your presence go before us. *(Exodus 33:14)*
9. Teach me to seek You with my whole heart. *(Jeremiah 29:13)*
10. Let every enemy rise against me be scattered. *(Psalm 68:1)*
11. Surround me with songs of deliverance. *(Psalm 32:7)*
12. Let every confederacy against me be broken. *(Isaiah 8:9–10)*
13. Fight my battles, Lord, for the battle is Yours. *(2 Chronicles 20:15)*
14. Give me courage to stand still and see Your salvation. *(Exodus 14:13)*
15. Let divine confusion fall upon the camp of the enemy. *(2 Chronicles 20:22)*
16. I reject fear and choose faith. *(2 Timothy 1:7)*
17. Strengthen my hands for spiritual warfare. *(Psalm 144:1)*
18. Lord, grant me prophetic direction in this season. *(2 Chronicles 20:14–15)*
19. Let every yoke of bondage be broken. *(Isaiah 10:27)*
20. Release Your angelic host on my behalf. *(Psalm 91:11)*
21. Restore all the enemy has stolen. *(Joel 2:25)*
22. May I walk in victory and not defeat. *(Deuteronomy 28:13)*
23. Anoint me for divine breakthrough. *(Isaiah 61:1)*
24. Let faith rise in the hearts of Your people. *(Romans 10:17)*
25. May I not faint in the day of adversity. *(Proverbs 24:10)*
26. Raise up intercessors for this generation. *(Ezekiel 22:30)*
27. Let every curse spoken over me be nullified. *(Numbers 23:23)*
28. Give me the grace to worship in the battle. *(2 Chronicles 20:21)*
29. May the fear of the Lord fall upon my enemies. *(2 Chronicles 20:29)*
30. Bring supernatural turnaround in impossible areas. *(Luke 1:37)*
31. Let divine justice be released on my behalf. *(Isaiah 61:8)*
32. Open doors that no man can shut. *(Revelation 3:8)*

- 33.Fill my heart with peace that passes understanding. (*Philippians 4:7*)
- 34.Let Your word be a lamp unto my feet. (*Psalms 119:105*)
- 35.Arise, O Lord, and let Your enemies be scattered. (*Numbers 10:35*)
- 36.I receive wisdom to make right decisions. (*James 1:5*)
- 37.May I walk in obedience and trust. (*1 Samuel 15:22*)
- 38.Set ambushes against every demonic plot. (*2 Chronicles 20:22*)
- 39.Let this fast birth a new season of revival. (*Habakkuk 3:2*)
- 40.I declare victory and give You praise! (*2 Chronicles 20:27*)

B. 40 Deliverance Prayers (Pray this aloud for as many days as you deem necessary)

1. Lord, deliver me from every evil work and preserve me unto Your kingdom. (*2 Timothy 4:18*)
2. Break every chain and yoke holding me captive. (*Isaiah 10:27*)
3. Rescue my soul from the snare of the fowler. (*Psalms 91:3*)
4. Let every hidden oppression in my life be exposed and destroyed. (*Ephesians 5:11*)
5. Deliver me from the spirit of fear and give me boldness. (*2 Timothy 1:7*)
6. Break every generational curse operating in my bloodline. (*Galatians 3:13*)
7. Let every door opened to the enemy in my life be shut by the blood of Jesus. (*Revelation 3:7*)
8. I command every demonic agenda over my destiny to be cancelled. (*Isaiah 54:17*)
9. Set me free from every addiction and bondage. (*John 8:36*)
- 10.Deliver me from the power of darkness and translate me into Your kingdom. (*Colossians 1:13*)
- 11.Lord, contend with those who contend with me. (*Isaiah 49:25*)
- 12.Let every satanic embargo on my progress be lifted. (*Isaiah 10:27*)
- 13.Purge my heart from every unclean spirit and thought. (*Psalms 51:10*)
- 14.Break every soul tie that binds me to the past. (*2 Corinthians 6:14–17*)
- 15.Release me from every spirit of heaviness and give me the garment of praise. (*Isaiah 61:3*)
- 16.Deliver my dreams from demonic manipulation. (*Job 33:14–16*)
- 17.I overcome every spiritual attack by the blood of Jesus. (*Revelation 12:11*)
- 18.Let the fire of God consume every demonic altar raised against me. (*1 Kings 18:38–39*)
- 19.Disconnect me from every satanic covenant knowingly or unknowingly entered. (*Hebrews 8:6*)

20. Deliver me from the hand of strongmen assigned against my life. (*Matthew 12:29*)
21. Set me free from the pit of delay and stagnation. (*Psalms 40:2*)
22. Rescue my finances from every devourer. (*Malachi 3:11*)
23. Let every evil arrow fired against me return to sender. (*Psalms 64:7*)
24. Deliver me from the spirit of infirmity. (*Luke 13:11–13*)
25. Break the power of depression and anxiety over my mind. (*Philippians 4:6–7*)
26. Rescue me from false burdens and demonic oppression. (*Matthew 11:28–30*)
27. Set my feet in a large place free from limitations. (*Psalms 18:19*)
28. Let every witchcraft power attacking my destiny be destroyed. (*Exodus 22:18*)
29. Break every chain of marital delay and disappointment. (*Genesis 2:18*)
30. Deliver me from hidden traps and snares set by the enemy. (*Psalms 124:7*)
31. Let the Lion of Judah roar against every enemy of my deliverance. (*Revelation 5:5*)
32. I break free from every monitoring spirit and spiritual spy. (*Numbers 23:23*)
33. Wash me clean from every contamination of the soul and body. (*1 John 1:9*)
34. Let every evil inheritance be blotted out by the blood of Jesus. (*Ezekiel 18:2–3*)
35. Deliver me from familiar spirits and ancestral powers. (*Leviticus 20:6*)
36. Restore to me the years the enemy has stolen. (*Joel 2:25*)
37. I receive total freedom from shame and reproach. (*Isaiah 61:7*)
38. Deliver me from sudden destruction and evil traps. (*Proverbs 3:25–26*)
39. Let Your angels encamp around me and deliver me. (*Psalms 34:7*)
40. I walk in the liberty where Christ has made me free! (*Galatians 5:1*)

C. 40 Prayers Against the Enemies of Progress (Pray this aloud for minimum of 3 Days)

1. O Lord, arise and scatter every enemy of my progress. (*Psalms 68:1*)
2. Every power assigned to hinder my advancement, be consumed by fire. (*Hebrews 12:29*)
3. Let every Pharaoh pursuing my destiny drown in the Red Sea. (*Exodus 14:28*)
4. Break every wall of limitation erected against my success. (*Joshua 6:20*)
5. Every evil hand holding back my breakthroughs, wither now. (*1 Kings 13:4*)

6. O Lord, frustrate the devices of the crafty working against my destiny. (*Job 5:12*)
7. Let those who secretly plot my downfall be exposed and disgraced. (*Psalms 35:4*)
8. I break every curse of stagnation and backwardness. (*Galatians 3:13*)
9. Father, silence every voice speaking against my elevation. (*Isaiah 54:17*)
10. I command divine speed to overtake every delay. (*Amos 9:13*)
11. Every Goliath standing against my rising, fall by the sword of the Lord. (*1 Samuel 17:49*)
12. Let every evil verdict against my destiny be reversed. (*Colossians 2:14*)
13. Holy Ghost fire, consume every spiritual blockade before me. (*Zechariah 2:5*)
14. Break every satanic chain tying me to the same spot. (*Acts 12:7*)
15. I declare progress in the face of opposition. (*Romans 8:31*)
16. Every evil altar delaying my glory, be destroyed. (*Judges 6:25*)
17. Let the spirit of progress and success overshadow me. (*Deuteronomy 28:13*)
18. O Lord, contend with those who contend with my lifting. (*Isaiah 49:25*)
19. I receive divine acceleration in every area of delay. (*1 Kings 18:46*)
20. Every envious eye monitoring my progress, go blind. (*2 Kings 6:18*)
21. Let witchcraft networks working against my advancement be dismantled. (*Micah 5:12*)
22. I escape every net of failure and retrogression. (*Psalms 124:7*)
23. Let every power fighting my promotion fall into their own trap. (*Psalms 7:15*)
24. I pull down every Jericho wall standing in the way of my testimony. (*Joshua 6:1–5*)
25. O Lord, turn every delay into a divine testimony. (*Romans 8:28*)
26. Every household wickedness limiting my progress, scatter by fire. (*Micah 7:6*)
27. I decree open doors where the enemy said “no.” (*Revelation 3:8*)
28. Let every evil personality manipulating my destiny be exposed. (*Luke 8:17*)
29. Father, disconnect me from destiny destroyers and time wasters. (*Ephesians 5:16*)
30. I reject the spirit of almost-there-but-never. (*Deuteronomy 1:6–7*)
31. Every power enforcing cycles of failure, be broken now. (*Nahum 1:9*)
32. I command divine release from every captivity of delay. (*Zechariah 9:11–12*)
33. Let every evil gathering against my progress be scattered. (*Psalms 2:1–5*)
34. O Lord, put to shame those mocking my journey. (*Psalms 35:26*)
35. I receive grace to overtake and recover all. (*1 Samuel 30:8*)

36. Let divine favor catapult me above all resistance. (*Psalm 5:12*)
37. I reject every evil label or identity limiting my progress. (*Isaiah 62:2*)
38. May every demonic checkpoint on my path be removed. (*Isaiah 45:2*)
39. I enter into my season of unstoppable progress. (*Proverbs 4:18*)
40. Father, establish me in every good work and purpose. (*2 Thessalonians 2:17*)

D. 40 Prayers for Spiritual Breakthrough for the Nation (If you can pray this with a friend, spouse or child as many times as might be applicable)

1. Lord, pour out Your Spirit upon this nation for revival and renewal. (*Joel 2:28*)
2. Let righteousness exalt this nation, and remove the reproach of sin. (*Proverbs 14:34*)
3. Father, heal our land and cleanse it from wickedness. (*2 Chronicles 7:14*)
4. Raise up godly leaders who will fear You and lead with justice. (*Exodus 18:21*)
5. Break every stronghold of corruption and injustice in our systems. (*Micah 3:9–10*)
6. Let every altar of idolatry and false religion be dismantled. (*1 Kings 18:21*)
7. Revive the churches and restore truth to the pulpit. (*Revelation 2:5*)
8. Release the fear of the Lord upon the leaders and citizens. (*Proverbs 9:10*)
9. Uncover and judge every evil agenda hiding in power. (*Luke 12:2*)
10. Let Your mercy speak over this nation and avert judgment. (*Habakkuk 3:2*)
11. Raise intercessors across the land who will stand in the gap. (*Ezekiel 22:30*)
12. Bring unity and peace to a divided and wounded nation. (*Psalm 133:1*)
13. Let the gospel flourish in every city, village, and region. (*Romans 1:16*)
14. Father, establish Your kingdom and will in this nation. (*Matthew 6:10*)
15. Break the yoke of crime, bloodshed, and violence. (*Ezekiel 7:23*)
16. Let every law that contradicts Your truth be overturned. (*Isaiah 10:1–2*)
17. Pour out a spirit of repentance across the population. (*Zechariah 12:10*)
18. Rebuild the spiritual foundations of this nation. (*Isaiah 58:12*)
19. Let the name of Jesus be exalted in every institution. (*Philippians 2:9–11*)
20. Drive out the spirit of mammon and greed from the economy. (*Matthew 6:24*)
21. Let education and media be filled with godly values and truth. (*Philippians 4:8*)
22. Raise bold and holy prophets who will speak to power. (*Jeremiah 1:10*)
23. Let revival begin in the Church and spread to the streets. (*Acts 4:31*)
24. Expose every hidden covenant with darkness. (*Isaiah 28:18*)

25. Break generational curses and cycles of national failure. (*Lamentations 5:7–8*)
26. Protect this nation from foreign and domestic destruction. (*Psalms 121:7–8*)
27. Release divine strategies for national development and reform. (*Proverbs 8:14–15*)
28. Let every siege against the church in this land be broken. (*Matthew 16:18*)
29. Give dreams and visions to leaders for divine direction. (*Daniel 2:21–22*)
30. Cause the land to yield increase and bless its people. (*Psalms 67:6*)
31. Raise Daniels and Josephs in government for righteous influence. (*Genesis 41:38–40*)
32. Let revival fire burn in universities, workplaces, and homes. (*Acts 2:17*)
33. Silence every voice of false prophecy misleading the nation. (*Jeremiah 23:16*)
34. Release a new generation of reformers and revivalists. (*Judges 6:12–14*)
35. Let justice roll like waters and righteousness like a river. (*Amos 5:24*)
36. Heal the wounds of racial, tribal, and social division. (*Galatians 3:28*)
37. Let the name of the Lord be honored again in our laws. (*Psalms 33:12*)
38. Remove leaders who defy Your commandments. (*Psalms 75:6–7*)
39. Awaken the Church to pray without ceasing for the nation. (*1 Thessalonians 5:17*)
40. We declare this nation will fulfill its divine purpose. (*Isaiah 60:1–3*)

E. 40 Prayers of Victory and Thanksgiving (End the program with this)

1. Father, I thank You for giving me victory through Jesus Christ. (*1 Corinthians 15:57*)
2. I praise You for fighting battles I could not see or fight. (*Exodus 14:14*)
3. Thank You, Lord, for turning my mourning into dancing. (*Psalms 30:11*)
4. I declare total victory over every challenge I've faced. (*Romans 8:37*)
5. Thank You for making me more than a conqueror. (*Romans 8:37*)
6. I bless You for turning every setback into a comeback. (*Job 42:10*)
7. Lord, I give You glory for answering my prayers. (*Jeremiah 33:3*)
8. Thank You for the blood of Jesus that gives me access to triumph. (*Revelation 12:11*)
9. I celebrate the power of Your name in every battle I've overcome. (*Proverbs 18:10*)
10. Thank You, Lord, for lifting me from the pit to the palace. (*Psalms 40:2*)
11. I worship You for breaking every chain in my life. (*Acts 16:26*)
12. I rejoice in the victories yet to come, for they are sure. (*Habakkuk 2:3*)
13. Thank You for turning shame into honor. (*Isaiah 61:7*)

14. I thank You for new doors You've opened for me. (*Revelation 3:8*)
15. Blessed be the Lord who gives strength to my hands for war. (*Psalms 144:1*)
16. I exalt You, for You have made my enemies my footstool. (*Psalms 110:1*)
17. Thank You for giving me beauty for ashes. (*Isaiah 61:3*)
18. Lord, I thank You for the testimonies You are releasing. (*Psalms 119:46*)
19. I praise You because the storms have passed and peace has come. (*Mark 4:39*)
20. Thank You for the divine acceleration I now walk in. (*Amos 9:13*)
21. I give You praise for restoring what was lost and stolen. (*Joel 2:25*)
22. Thank You for the open heavens over my life. (*Deuteronomy 28:12*)
23. I thank You for sending help from above. (*Psalms 20:2*)
24. Lord, I glorify You for Your faithfulness in every season. (*Lamentations 3:22-23*)
25. Thank You for lifting my head above my enemies. (*Psalms 27:6*)
26. I praise You for the gift of salvation and eternal life. (*John 3:16*)
27. Thank You for giving me songs of deliverance. (*Psalms 32:7*)
28. I bless You because You have made a way where there was none. (*Isaiah 43:19*)
29. Thank You for silencing every accusing voice. (*Romans 8:33-34*)
30. I rejoice because my future is secure in You. (*Jeremiah 29:11*)
31. Thank You, Lord, for answering even the prayers I couldn't utter. (*Romans 8:26*)
32. I glorify You for victory over sickness and infirmity. (*Isaiah 53:5*)
33. Thank You for the abundance now flowing into my life. (*Psalms 65:11*)
34. Lord, I thank You for turning curses into blessings. (*Deuteronomy 23:5*)
35. I celebrate the authority I have in Christ. (*Luke 10:19*)
36. Thank You, Lord, for surrounding me with favor as a shield. (*Psalms 5:12*)
37. I worship You for finishing the good work You started in me. (*Philippians 1:6*)
38. Thank You for supernatural peace and joy. (*Romans 15:13*)
39. I lift my voice in gratitude for a new season of glory. (*Haggai 2:9*)
40. Lord, to You alone be all the praise for my complete and everlasting victory! (*Psalms 115:1*)