

Seek the Lord

READ 2 Chronicles 20:1-4

After this, the Moabites and Ammonites with some of the Meunites came to wage war against Jehoshaphat. ²Some people came and told Jehoshaphat, "A vast army is coming against you from Edom, from the other side of the Dead Sea. It is already in Hazezon Tamar" (that is, En Gedi). ³Alarmed, Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah. ⁴The people of Judah came together to seek help from the Lord; indeed, they came from every town in Judah to seek him.

REFLECT

What was the crisis that was facing the Israelites?

How did Jehoshaphat respond?

What is a fast?

A fast is a period of time where you voluntarily give up something, most often food, or a type of food, as a spiritual discipline or out of humility before God. The people of Judah fasted as a way to humble themselves before God and bring this situation before God.

Jehoshaphat realized that he could not rely on his strength or the strength of his army for protection from the invading army. He stopped and humbled himself by declaring a fast to the nation to seek help from God. We need to take time each day to humble ourselves before God to remember that we can't do this life on our own. We need to seek the God who gives us life, breath and everything else. (Acts 7:25)

RESPOND

What is a crisis in your life you have faced or are facing where you need(ed) to stop relying on yourself?

Did you respond by seeking the Lord during that crisis?

How will you seek to the Lord this week?

Have each person in your family pray to God and thank Him for something and pray for someone or something that is on his/her mind.

Thank God for _____

Pray for _____