



ARISE, EAT, DRINK AND SLEEP

An
InstaBook
By ISAAC
OYEDEPO

This recently came as a deep insight to me as I studied the Word of God. It is simple, yet powerful. It is old, yet new. It is from the timeless truth of God's Word, yet very timely in today's world.

In the midst of this current global pandemic, COVID-19, every moment spent with God can make a great difference in your life.

The caption of this release goes beyond its surface. This title comes from the scripture below.

1 Kings 19:1-7

Ahab told Jezebel all that Elijah had done and how he had slain all the prophets [of Baal] with the sword. 2 Then Jezebel sent a messenger to Elijah, saying, So let the gods do to me, and more also, if I make not your life as the life of one of them by this time tomorrow. 3 Then he was afraid and arose and went for his life and came to Beersheba of Judah [over eighty miles, and out of Jezebel's realm] and left his servant there. 4 But he himself went a day's journey into the wilderness and came and sat down under a lone broom or juniper tree and asked that he might die. He said, It is enough; now, O Lord, take away my life; for I am no better than my fathers. 5 As he lay asleep under the broom or juniper tree,

*behold, an angel touched him and said to him, Arise and eat.
6 He looked, and behold, there was a cake baked on the coals, and
a bottle of water at his head. And he ate and drank and lay down
again. 7 The angel of the Lord came the second time and touched
him and said, Arise and eat, for the journey is too great for you.*

Each word is located in the scripture above:

Arise.

Eat.

Drink.

Sleep.

Why?

The journey ahead is great.

This is to tell us that the season we have all found ourselves in is a season of preparation.

Before manifestation comes preparation.

We may never have the kind of opportunity we have found ourselves in today till the coming of Jesus.

We can classify the caption of this book into two:

- 1. Arise**
- 2. Eat, Drink, Sleep**

To **‘Arise’** means to be **‘Alert.’**

Habakkuk 2:1 (KJV)

I will stand upon my watch, and set me upon the tower, and will watch to see what he will say unto me, and what I shall answer when I am reproved.

To be **‘Alert’** means to stand on your watch tower of prayer.

To **‘Eat, Drink’** means to **‘develop capacity’**

To **‘Sleep’** means to **‘catch dreams and visions’**

This is time to be alert in the place of prayer. It is in the place of prayer that great opportunities are noticed and embraced.

Now is the time that books can be read, books can be written, courses can be taken, businesses can begin, etc.

We must arise to the occasion to get the best out of it.



Isaiah 60:1-3

Arise, shine; for thy light is come, and the glory of the LORD is risen upon thee. 2 For, behold, the darkness shall cover the earth, and gross darkness the people: but the LORD shall arise upon thee, and his glory shall be seen upon thee. 3 And the Gentiles shall come to thy light, and kings to the brightness of thy rising.

It is impossible to shine if you will not arise to the occasion. This is also the time to develop capacity. It is known that the foods you eat and the rest you take have a huge impact on your health.

This is the same thing that happens in the realm of the spirit.

The journey ahead will require you are on a strict diet plan.

This may seem strange, but please stick with me so as to catch what the Lord showed to me.

Let us break down the following:

- 1. Eat. *What are we meant to feed on?*** We are meant to feed on the Word. The Word of God is our bread.



Matthew 4:4

But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

The above scripture shows us that when Elijah awoke, he found a cake baked on the coals.

We must feed on the Word. But listen, we should not just feed on the Word needed for today, we must feed on the Word needed for tomorrow.

Why? The journey ahead is a great one.

In other words, don't just study the Word in the areas of your challenge today but for possible areas of challenge in the future.

The Lord told me in my quiet time, 'There is no future for a man, family, or organization that will not see the future.' He also said, 'Stop reacting to situations; it is time to see to see visions.' He concluded that session of fellowship I had with Him by saying, 'If you cannot see ahead, you will never get ahead.'

God was trying to tell me that I should not just prepare for what is on ground but for what is ahead.

So, it is possible to stuff yourself with the Word not just for now, but also for the future.

2. **Drink.** *It is important to understand what water represents in scripture.* Water represents several things, but we will only focus on two (2):
 - a. **The Word**
 - b. **The Holy Spirit**

Ephesians 5:26-27

That he might sanctify and cleanse it with the washing of water by the word,²⁷ That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.

John 7:37-39

In the last day, that great day of the feast, Jesus stood and cried, saying, If any man thirst, let him come unto me, and drink.³⁸ He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water.³⁹ (But this spake he of the Spirit, which they that believe on him should receive: for the Holy Ghost was not yet given; because that Jesus was not yet glorified.)

So, aside sitting with the Word, we must fellowship with the Holy Spirit. The person of the Holy Spirit is one of my greatest discoveries. He is available to all that have received Jesus as Lord and Savior. However, He doesn't relate with all because not all relate with Him. He is perfectly gentle.

John 16:13

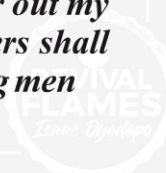
Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come.

Our beloved Holy Spirit is needed to prepare for the journey ahead.

3. **Sleep. This is the place of visions and dreams.** It was when Elijah slept that the Angel of the Lord appeared to him.

Joel 2:28-30

28 And it shall come to pass afterward, that I will pour out my spirit upon all flesh; and your sons and your daughters shall prophesy, your old men shall dream dreams, your young men



shall see visions:29 And also upon the servants and upon the handmaids in those days will I pour out my spirit.30 And I will shew wonders in the heavens and in the earth, blood, and fire, and pillars of smoke.

To Arise, Eat, Drink, and Sleep mean the following:

1. Spend time in Prayer
2. Spend time in the Word
3. Spend time with the Holy Spirit
4. Catch Dreams and Visions

These are the steps we need to take to prepare for the journey that is ahead of us.

I strongly believe the season we are in is the greatest opportunity to prepare for the season ahead.

I invite you to Arise, Eat, Drink and Sleep.








The End

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