

**WORDS OF WISDOM  
BROCHURES**

*Words of Wisdom Brochures are a publication of the House of Praise International, written for the express purpose of equipping the saints for the work of ministry for our Lord, as well as the edifying of the body of Christ. We shall NO LONGER be children, tossed to and fro and carried about with every doctrine, by the trickery of men, but SPEAKING THE TRUTH IN LOVE, we will grow up in ALL things into Him who is the head of this body, Christ Jesus our Lord.*



**H o u s e o f P r a i s e  
I n t ' l C h u r c h**

Main Office  
7830 Backlick Road #404  
Springfield, Va. 22150  
[www.houseofpraise.us](http://www.houseofpraise.us)  
Phone: 703-866-4140  
Fax: 703-866-1090  
E-mail: [pastor@hopic.us](mailto:pastor@hopic.us)

**H o u s e o f P r a i s e  
I n t ' l C h u r c h**

**Fasting  
Study Outline**



**Pastor Harlan & Doris Stilwell, Sr.**

**Tel: 703-866-4140**

**FAS-102**

# Fasting Study Outline

## I. Two Main Categories of fasting:

**A. Proclaimed fast**-Entered into by an entire congregation, etc.

1. II Chron. 20-Jehoshaphat called a fast and stood on the Word (vs 7).
2. Joel 1:14

**B. Personal fast.**

1. Matt. 6:16-18-**When** you fast not **IF**.
2. II Cor. 6:5; 11:27.

**C. Three (3) Kinds of Fast.**

1. Normal (No food with water).
2. Partial (Restricted diet of certain vegetables, with water).
3. Absolute (no food or water).

(See God's chosen Fast Brochure)

## II. The Open Reward. (Matt. 6:18).

- A. Believe for the reward, not punishment (Isaiah 58:5).
- B. The reward-the heritage of Jacob (Deut. 32:9-14).

## III. Ministering to the Lord in fasting (Acts 13:2,3).

- A. Receiving **revelation** knowledge and information.
- B. Daniel 10:3.

## IV. The Fasted Life.

- A. Fasting, a way to humble yourself.
- B. I Corinthians 7:5; Ps. 69:10.
- C. Acts 27:21.

## V. Steps in fasting.

- A. Decide the purpose of the fast.
- B. Proclaim the fast before the Lord.
- C. Believe you receive the fasts reward **before**, not after the fast—Matt. 6:18.
- D. Minister **to** the Lord and thank Him for the reward (Eph. 6:19; Col. 3:16).
- E. Minister **to** others:
  1. During the fast only as led.
  2. After the fast, **always**.
- F. Expect assistance from the angels (Matt. 4:11).

## VI. Fasting gets the flesh out of the way.

- A. Proverbs 4:20-23-Out of the heart flow the forces of life. These forces are the life sources for the mind and the body.
  1. Proverbs 14:30; 18:14.
  2. These are the forces of the reborn human spirit.
  3. These forces come by the Word.
- B. Give the heart an opportunity to be built up by putting as little demand on it as possible by the flesh.
- C. The result is Ephesians 3:20.
- D. Galatians 5:22-25-The fruit of the Spirit.

## VII. Fasting and Deliverance.

- A. Ezra 8:21, 23,31.
- B. Nehemiah 1:4.

- C. Esther 4:3, 16.
- D. Daniel 9:3.
- E. Joel 1:14.



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