



House of Praise International Church Fasting Series



Fasting is defined as simply “not eating food.” It is true many things hinder our communion with God, and we do need to commune with God, and we do need to practice self-denial in general, but the fact still remains that “to fast” means primarily “not to eat food (solid or liquid).”

Pastor Harlan Stilwell

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; I I: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 fast’s 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*



House of Praise International Church
7406 Alban Station Court, B-206A
Springfield, VA 22150
www.hopic.org

Pastor Harlan & Doris Stilwell
Phone: 703-866-4140, Fax: 703-866-1090
Email: pastor@hopic.org

Copyright 2010, Harlan Stilwell and its licensors. All Rights Reserved.
Designed by: Terri Johnson, www.arcndcpublishing.com

Ministering the truth of God’s Word in the power of the Holy Spirit!

FASTING

Study Outline Scriptures (King James Version)

I. Two Main Categories Of Fasting

II Chronicles 20:7 Art not thou our God, who didst drive out the inhabitants of this land before thy people Israel, and gavest it to the seed of Abraham thy friend for ever?

Joel 1:14 Sanctify ye a fast, call a solemn assembly, gather the elders and all the inhabitants of the land into the house of the LORD your God, and cry unto the LORD,

Matthew 6:16-18 ¹⁶Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. ¹⁷But thou, when thou fastest, anoint thine head, and wash thy face; ¹⁸That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

II Corinthians 6:5 In stripes, in imprisonments, in tumults, in labours, in watchings, in fastings;

II Corinthians 11:27 In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness.

II. The Open Reward

Matthew 6:18 That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

Isaiah 58:5 Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?

Deuteronomy 32:9-14 ⁹For the LORD's portion is his people; Jacob is the lot of his inheritance. ¹⁰He found him in a desert land, and in the waste howling wilderness; he led him about, he instructed him, he kept him as the apple of his eye. ¹¹As an eagle stirreth up her nest, fluttereth over her young, spreadeth abroad her wings, taketh them, beareth them on her wings: ¹²So the LORD alone did lead him, and there was no strange god with him. ¹³He made him ride on the high places of the earth, that he might eat the increase of the fields; and he made him to suck honey out of the rock, and oil out of the flinty rock; ¹⁴Butter of kine, and milk of sheep, with fat of lambs, and rams of the breed of Bashan, and goats, with the fat of kidneys of wheat; and thou didst drink the pure blood of the grape.

III. Ministering To The Lord In Fasting

Acts 13:2-3 ²As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. ³And when they had fasted and prayed, and laid their hands on them, they sent them away.

Daniel 10:3 I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.

IV. The Fasted Life

I Corinthians 7:5 Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.

Psalms 69:10 When I wept, and chastened my soul with fasting, that was to my reproach.

Acts 27:21 But after long abstinence Paul stood forth in the midst of them, and said, Sirs, ye should

have hearkened unto me, and not have loosed from Crete, and to have gained this harm and loss.

V. Steps In Fasting

Matt. 6:18 - (See I. Two Categories Of Fasting)

Ephesians 6:19 And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel,

Colossians 3:16 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

Matthew 4:11 Then the devil leaveth him, and, behold, angels came and ministered unto him.

VI. Fasting Gets The Flesh Out Of The Way

Proverbs 4:20-23 My son, attend to my words; incline thine ear unto my sayings. ²¹Let them not depart from thine eyes; keep them in the midst of thine heart. ²²For they are life unto those that find them, and health to all their flesh. ²³Keep thy heart with all diligence; for out of it are the issues of life.

Proverbs 14:30 A sound heart is the life of the flesh: but envy the rottenness of the bones.

Proverbs 18:14 The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?

Ephesians 3:20 Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,

Galatians 5:22-25 ²²But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, ²³Meekness, temperance: against such there is no law. ²⁴And they that are Christ's

have crucified the flesh with the affections and lusts. ²⁵If we live in the Spirit, let us also walk in the Spirit.

VII. Fasting and Deliverance

Ezra 8:21, 23, 31 ²¹Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance.

²³So we fasted and besought our God for this: and he was intreated of us.

³¹Then we departed from the river of Ahava on the twelfth day of the first month, to go unto Jerusalem: and the hand of our God was upon us, and he delivered us from the hand of the enemy, and of such as lay in wait by the way.

Nehemiah 1:4 And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven,

Esther 4:3 And in every province, whithersoever the king's commandment and his decree came, there was great mourning among the Jews, and fasting, and weeping, and wailing; and many lay in sackcloth and ashes.

Esther 4:16 Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish.

Daniel 9:3 And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes:

Joel 1:14 (See I. Two Categories Of Fasting)