

MESSAGE SUMMARY

FASTING: THE SPIRITUAL AMPLIFIER – PASTOR DAVID WINSTON

- **WE SHOULD SUBMIT OUR BODIES AS A LIVING SACRIFICE UNTO THE LORD.**
- **IT'S ALWAYS A GOOD TIME TO CONNECT DEEPER WITH GOD.**
- **FASTING IS HOLY, PLANNED, AND IS IMPORTANT.**
- **PRAYER SHOULD ACCOMPANY FASTING.**
- **FASTING HAS A LOT OF SPIRITUAL BENEFITS.**

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- **FASTING HELPS US BECOME SENSITIVE AND SUBMITTED.**
- **FASTING IS A PURPOSEFUL TIME TO SEEK GOD.**
- **FASTING IS NOT A TOOL TO MANIPULATE GOD.**
- **SATAN DOESN'T LIKE FASTING BECAUSE IT CRUCIFIES YOUR FLESH SO THAT YOU GAIN CLARITY TO HEAR FROM GOD.**

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- **FASTING SHARPENS OUR SPIRITS. YOU HAVE TO BE SENSITIVE TO THE WORD OF GOD TO HEAR WHAT HE HAS FOR YOU.**
- **FASTING SATISFIES GOD THE SAME WAY EATING SATISFIES YOUR BODY. FASTING KILLS FLESHLY DESIRES.**
- **5 THINGS FASTING DOES:**
 - 1. Fasting crucifies the flesh.*
 - 2. Fasting brings spiritual clarity.*
 - 3. Fasting unlocks spiritual power and breaks spiritual strongholds.*
 - 4. Fasting awakens a deeper desire for God.*
 - 5. Fasting increases sensitivity to God's voice.*

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SCRIPTURE REFERENCES – NKJV UNLESS OTHERWISE NOTED

ROMANS 12:1

JOEL 1:14 (NIV)

JOEL 2:12

DANIEL 10:2-3

MATTHEW 4:1-2

MARK 2:18-20 (NIV)

MATTHEW 5:6

ROMANS 8:7-8

ROMANS 8:13

MATTHEW 4:4

ACTS 13:2-3 (NIV)

MATTHEW 17:19-21

ISAIAH 58:6 (NIV)

PSALM 42:1

LUKE 2:36-38

MATTHEW 6:17-18 (ESV)

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