

MESSAGE SUMMARY

FASTING: THE SPIRITUAL AMPLIFIER – PASTOR DAVID WINSTON

- **WE SHOULD SUBMIT TO GOD'S WILL, HIS WAY AND HIS WHY.**
- **GOD USES FASTING TO DRAW THE BELIEVER IN. WHEN GOD CALLS US TO FAST HE GIVES US THE GRACE TO DO IT.**
- **PRAYER SHOULD ACCOMPANY FASTING.**
- **FASTING REMOVES THE BARRIERS SO YOU CAN COMMUNICATE WITH GOD AND GET MORE CLARITY.**

MESSAGE SUMMARY

FASTING: THE SPIRITUAL AMPLIFIER – PASTOR DAVID WINSTON

- **SATAN DOESN'T LIKE FASTING BECAUSE IT CRUCIFIES YOUR FLESH SO THAT YOU GAIN CLARITY TO HEAR FROM GOD.**
- **FASTING HELPS US TO BE SUBMITTED TO GOD.**
- **FASTING SHARPENS OUR SPIRITS AND IS AN ACT OF WORSHIP TO CLEANSE US.**
- **FASTING SATISFIES GOD THE SAME WAY EATING SATISFIES YOUR BODY. FASTING KILLS FLESHLY DESIRES.**

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- **5 THINGS FASTING DOES:**

1. ***FASTING CRUCIFIES THE FLESH.***

2. ***FASTING BRINGS SPIRITUAL CLARITY.***

3. ***FASTING UNLOCKS SPIRITUAL POWER & BREAKS SPIRITUAL STRONGHOLDS.***

4. ***FASTING AWAKENS A DEEPER DESIRE FOR GOD.***

5. ***FASTING INCREASES SENSITIVITY TO GOD'S VOICE.***

- **HOW DO WE CONDUCT A FAST?**

1. ***DECIDE THE TYPE OF FAST.***

2. ***DECIDE THE PURPOSE OF THE FAST.***

3. ***PROCLAIM YOUR FAST BEFORE THE LORD.***

4. ***SET APART TIME TO PRAY AND MINISTER TO THE LORD.***

5. ***DISCONNECT FROM ALL CARNAL & SINFUL ACTIVITIES.***

MESSAGE SUMMARY

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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