



Dan 10:2-3; Acts 13:2-3, 14:23; Matt 6:16-18

1. Fasting strengthens my body.

1 Cor 9:26 (NASB); Dan 1:8-16

2. Fasting strengthens my soul.

Eph 3:16; Lev 16:29; Isa 53:7; Dan 1:19-20; Rom 12:2; James 4:7-8, 10; Ezra 8:21,23

3. Fasting strengthens my spirit.

Isa 58:3-9 (NLT)

What is the Holy Spirit saying to me through this message?