

# January 2016: Fasting That Breaks Strongholds

## Cover Story

### Fasting That Breaks Strongholds

Adding fasting to your spiritual warfare strategy could lead you into massive breakthrough.

## Featured Articles

- **The Daniel Detox**

Learn the secrets to revitalizing your body and spirit in 21 days

- **Setting the Emotional Captives Free**

Discover the truth that will set you free from the bondage of emotional eating.

- **The Holy Meal That Heals**

The daily practice of receiving Communion is a powerful source of physical and spiritual healing that could radically change your life.

- **Fasting Your Way to a Longer Life**

Fasting could reduce your risk of common health issues such as heart disease and diabetes and lengthen your life.

- **Breaking the Cycles of Weight-Loss Defeat**

How to move beyond prayers for “me and mine”—allowing your heart to beat in rhythm with God’s heart.

- **Healthy, Wealthy and Wise**

More than Wall Street savvy, healthy investments are spiritually aligned with the Bible. Here’s what you need to know about mutual funds.

# Inspire

- The evangelism brochure that's reaching millions of broken hearts
- God answers an intercessory prayer meeting with lightning and thunder
- An Israeli Arab pastor risks his life to preach the gospel

# Empower

- This month's resources: *Jezebel's Puppets*, *Surrender*, *The Giver and the Gift*, *Fresh Start*, *The Unbroken Cord*, *Jesus Speaks*, *Floodplain*, plus more
- Review: Natalie Grant's *Be One*