

## What is Fasting?

When you fast, you partner with God. He desires to have a divine partnership with you in the area of fasting and prayer for your family, your life, and His purpose in the earth. There are times when God requires us to take a physical action to receive a spiritual blessing.

There's a connection between what we do physically and what God releases spiritually in the Bible. Exodus 17 tells the story of Moses holding up his hands with a staff and, as long as his hands were extended, the battle was won against the enemies of Israel. But when Moses' arms started getting weary, the battle would start to turn as his arms would let down and Israel's enemies would begin to prevail.

The story tells us that there are times when what we do physically affects our circumstances, the battle and the victory spiritually. Fasting is perhaps the most powerful physical action a Christian can take to show God how sincere you are about wanting to see change.

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