

Fasting Opening The Door To A Deeper More Intimate More Powerful Relationship With God

Recharge your spiritual energy as you reinforce your progress with this companion journal to The Fasting Edge.

DIVWe all go through times when we feel like we are not living up to our full potential. In Fasting to Regain Your Edge, Jentezen Franklin shows you how to recharge your spiritual energy through fasting. /div

God created the human body as a finely tuned instrument of enormous power, but it requires fuel to operate. To make sure the body gets enough fuel, God created in us an appetite for food, which we call hunger. So why would we ever ignore our hunger and choose not to eat? Going without food for spiritual reasons is called fasting, a spiritual dis...

Major New York Times bestseller Winner of the National Academy of Sciences Best Book Award in 2012 Selected by the New York Times Book Review as one of the ten best books of 2011 A Globe and Mail Best Books of the Year 2011 Title One of The Economist's 2011 Books of the Year One of The Wall Street Journal's Best Nonfiction Books of the Year 2011 2013 Presidential Medal of Freedom Recipient Kahneman's work with Amos Tversky is the subject of Michael Lewis's The Undoing Project: A Friendship That Changed Our Minds In the international bestseller, Thinking, Fast and Slow, Daniel Kahneman, the renowned psychologist and winner of the Nobel Prize in Economics, takes us on a groundbreaking tour of the mind and explains the two systems that drive the way we think. System 1 is fast, intuitive, and emotional; System 2 is slower, more deliberative, and more logical. The impact of overconfidence on corporate strategies, the difficulties of predicting what will make us happy in the future, the profound effect of cognitive biases on everything from playing the stock market to planning our next vacation!each of these can be understood only by knowing how the two systems shape our judgments and decisions. Engaging the reader in a lively conversation about how we think, Kahneman reveals where we can and cannot trust our intuitions and how we can tap into the benefits of slow thinking. He offers practical and enlightening insights into how choices are made in both our business and our personal lives!and how we can use different techniques to guard against the mental glitches that often get us into trouble. Winner of the National Academy of Sciences Best Book Award and the Los Angeles Times Book Prize and selected by The New York Times Book Review as one of the ten best books of 2011, Thinking, Fast and Slow is destined to be a classic.

Feed Your Soul, Strengthen Your Spirit, and Renew Your Body

Discover the Amazing Benefits in Your Spirit, Soul and Body

The Fasting Key

Three Bestsellers in One Volume

Fasting for Breakthrough and Deliverance

The 40-Day Social Media Fast

Stop hitting the spiritual snooze button. Would you describe your walk with God as fresh and exciting? Would you describe your spiritual life as vibrant and passionate? If not, would you like these attributes to be the norm in your everyday relationship with God? Are you ready to experience an awakening? Awakening helps you stir up your slumbering soul. You'll discover how to break out of your season of dryness or get off to a great start either in the New Year or the next season in life. Take your faith-walk from a "going through the motions" or "have to" mindset to the stimulating, fresh "want to" experience of enjoying God's presence—24/7. Weems encourages you to surrender fully, to discover the right kind of fuel for the journey, and to learn a new way to pray and fast. This lifestyle is not based on rules or religion, but on a deep, satisfying, motivating relationship with God. Included in Awakening is a 21-Day Plan that will guide you through the principles that ensure a lasting, fresh relationship with God—even in a world where everything quickly becomes stale. "It's time to wake up and put an end to spiritual sluggishness! I promise this year will be the best of your life if it is your best year spiritually." – Stovall Weems

This five-week interactive study resource package is perfect for both individuals and small groups interested in gaining understanding, growing their faith, and drawing closer to God. This program involves a Fasting DVD and "Fasting Study Guide," in which Franklin explores this somewhat forgotten spiritual discipline.

This e-book includes the full text of the book plus an exclusive additional chapter from Susan Gregory that is not found in the print edition! What if you could grow closer to God and improve your health in just 21 days? Susan Gregory, "The Daniel Fast Blogger," has a plan to help you do just that. Widely recognized as the expert on this 21-day fast inspired by the book of Daniel, Susan has helped thousands of people discover a safe and healthy way to fast. The principles you learn from The Daniel Fast will change the way you view food, your body, and your relationship with the one who created you. Includes 21 days' worth of Daniel Fast recipes!

Arthur Wallis offers this balanced study on fasting, and seeks to give to the subject the weight that Scripture gives it while also avoiding exaggeration and over-emphasis. This book includes a biblical index, and an appendix dealing with the textual problems surrounding four references to fasting in the New Testament.

Exchange Your Online Distractions for Real-Life Devotion

Holding Tight to Permanent in a World That's Passing Away

The Fasting Edge Journal

A 40 Day Journey of Fasting from the World and Feasting on God

40 Days of Fasting and Prayer Guide Book

What It Is, How to Do It, and Why It Matters

To read this book is to read a story. Yes, partly my story, but primarily it's the story of Jesus and his original forty-day Jesus Fast that released the original Jesus anointing for evangelism and harvest. It is also a prophetic summons calling for a global reenactment and recovery of Jesus' original pattern and pathway leading to power from on high. This is a book of dreams and, if I may say so, of God's dreams, dreams of a new world where the Bride of Christ is beautified, where Satan is cast down, where the Kingdom comes, where evangelism is empowered, and where shouts of joy fill the streets because the Spirit of the Lord has come to heal every disease and sickness. This is a book about the Jesus Fast that will open the heavens and precipitate the latter rain. Let us all go up to the Mountain of the Lord. Let the earth go up in the global Jesus Fast.

A guide to biblical fasting discusses how to choose a fast, the connection between fasting and prayer, the essential components of a successful fast, and what to expect mentally, physically, and spiritually.

Matthew 17:21 tells us that there are some spirits in a person, region, or nation that cannot be overcome without fasting. Many believers struggle with certain limitations that they cannot seem to break through. A revelation of the power of fasting will result in victories that would not be ordinarily obtained. A life of consistent fasting will cause many victories to manifest. God's will is for every believer to live a life of victory with nothing being impossible. There is freedom from the torment of the enemy! Best-selling author and trusted teacher on deliverance, John Eckhardt reveals strongholds that can be broken including poverty, sickness, witchcraft, sexual impurity, pride, fear, confusion, and marital problems. Fasting will help readers to overcome these manifestations of oppression and break free from their limitations.

The personal study guide leads individuals through the nine fasts described in Dr. Towns's bestselling book Fasting for Spiritual Breakthrough. By the use of questions, the reader is guided through the different purposes and elements of each type of fast. It is for every Christian who is seeking a deeper relationship with God, a strengthened faith, an understanding of the relationship with God, and an understanding of the discipline of fasting. This study can be used by individuals for personal study or as a test for small Bible study groups.

Fasting Study Guide

Opening the Door to a Deeper, More Intimate, More Powerful Relationship With God

Thinking, Fast and Slow

Fasting for Spiritual Breakthrough

Atomic Power with God, Thru Fasting and Prayer

The Dark Side of the All-American Meal

Lose weight with the Fast Diets? Easy! Over the last few decades, food fads have come and gone, but the standard medical advice on what constitutes a healthy lifestyle has stayed much the same: eat low-fat foods, exercise more, and never, ever skip meals. Yet, over that same period, levels of obesity worldwide have soared. So is there a different, evidence-based approach? Yes! Fast Diets are the revolutionary part-time weight loss programs with lifelong health and anti-aging results. Fast Diets For Dummies is your hands-on, friendly guide to achieving weight loss, without having to endlessly deprive yourself. Inside, you'll get the lowdown on easily incorporating one or all of these unique dietary programs into your busy life. You will get the lowdown on tackling the most popular fasting diets such as: The Fast Diet (5-2 Diet), Intermittent Fasting, Micro-Fasting, and One Meal a Day (Warrior Diet). It offers you information and tips on how to incorporate these unique and popular dietary programs into your busy daily life. How and why the benefits of these fasting diets go well beyond weight loss Fast diets dos and don'ts How to get started and everything you need to know to help you along the way Over fifty 500- and 600- calorie meals that are quick and easy to make

Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause.

No matter what your sport is--running, cycling, field sports, triathlons--this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

Fasting and prayer has been a spiritual practice since ancient times to cleanse and purify believers. Now, Dave Williams, pastor of the 5,000 member Mount Hope Church in Lansing, Michigan, sheds new light on this honored and powerful practice. Readers will learn the amazing benefits of fasting and prayer including breakthrough answers, sharper mental ability, and stronger, healthier bodies. Pastor

Williams share his own personal insight and experiences on why to fast, how to fast, and pitfalls to avoid.

Based on the "New York Times"-bestselling work "Fasting," this five-week interactive study resource package is perfect for both individuals and small groups interested in gaining understanding, growing their faith, and drawing closer to God.

How to Match Your Food and Fitness to Your Female Physiology for Optimum Performance, Great Health, and a Strong, Lean Body for Life

Go Deeper and Further with God than Ever Before

How to Live With Confidence in a World Driven by Fear

Awakening

Recover Your Passion. Recapture Your Dream. Restore Your Joy

Exposing Satan's Plan to Squeeze the Life Out of You

Fasting is an important key to successful Christian living. It is found throughout the Bible, yet it has been largely set aside by the church. Discover how to release the power of prayer and fasting in your life with this handbook by Derek Prince. In his clear, easily understood teaching style, he explains that this power is immeasurable when fasting is practiced with right motives and in accordance with the principles of Scripture.

Are you addicted to your phone? Do you find yourself engaging online but unengaged at home with the people right in front of you? Do you spend hours scrolling through Facebook, Instagram, newsfeeds, and YouTube videos? Have your devices become divisive--dividing you from family and friends and, most importantly, God? What would happen if you took some time to fast from social media in order to get social with God and others once more? In the pattern of her popular 40-Day Sugar Fast, Wendy Speake offers you The 40-Day Social Media Fast. This "screen sabbatical" is designed to help you become fully conscious of your dependence on social media so you can purposefully unplug from screens and plug into real life with the help of a very real God. Take a break from everyone and everything you follow online. Disconnect in order to reconnect with the only One who said "follow me."

A forty day devotional with daily readings, Bible verses, questions for reflection, and journal questions.

Explores the homogenization of American culture and the impact of the fast food industry on modern-day health, economy, politics, popular culture, entertainment, and food production.

The Power of Prayer and Fasting

Tony Evans Speaks Out on Fasting

A New Approach to Faith, Fasting, and Spiritual Freedom

The Fast

Rediscovering Jesus' Pathway to Power

The Essential Guide to Fasting

DIVWill you live in FEAR? Or will you live by FAITH? Fear has the deceptive ability to influence and affect our daily lives and the world we live in. What do you fear most in life? What are the greatest threats facing you? Crime? Violence? The economy? Fear Fighters will help you identify and defeat the very source of fear that threatens you from living in peace and joy./div

A Study Guide and a Teacher's Manual Gospel Principles was written both as a personal study guide and as a teacher's manual. As you study it, seeking the Spirit of the Lord, you can grow in your understanding and testimony of God the Father, Jesus Christand His Atonement, and the Restoration of the gospel. You can find answers to life's questions, gain an assurance of your purpose and self-worth, and face personal and family challenges with faith.

The Christian life isn't very complicated; but we've made it so through our ignorance of principles central to the Christian walk. There are some basics with which people need to be equipped to live a more victorious Christian life. Tony Evans has heard the people's cry for these sometimes difficult principles to be made simple and explained clearly and succinctly. In his new Tony Evans Speaks Out . . . booklet series, Evans tackles four basic elements of Christianity with a clarity and simplicity characteristic of his popular style.

The hand-in-hand spiritual discipline of prayer and fasting is not a gimmick or a spiritual fad, although its neglect in recent decades makes it a new discovery for many Christians. Instead, as author Ronnie Floyd explains, prayer and fasting is a Scripture-ordained act of obedience—a means of humbling ourselves before God, drawing closer to Him, and making room for Him to speak and act in our lives. This newly revised and updated edition of The Power of Prayer and Fasting offers fascinating firsthand stories of the difference prayer and fasting has made in Floyd's life and others, compelling explanations of how this discipline works in a Christian's life, practical guidance for those who have never fasted before, and finally a stirring call to revival.

Fasting for Financial Breakthrough

Fear Fighters

Discerning the Voice of God

The Breakthrough Guide to Fasting

God's Chosen Fast

A Spiritual and Practical Guide to Fasting

When the author began to study the subject of fasting some years ago he was shocked by the number of biblical references he found referring to it. Clearly fasting was not some biblical "side issue," but a central element of spiritual life. Fasting is a discipline that has been practised by many influential men and women of God throughout church history with dramatic results. The author says, "Fasting has become an essential part of my walk with the Lord. It continues to amaze me that I lived for so long without this key that unlocks so many blessings." Using the metaphor of a key, this book discusses how Fasting will unlock the blessings of God.

DIV"New York Times"-bestselling author Franklin offers the necessary keys to experiencing powerful transformation in this 21-day fasting journal. Each day provides a specific focus for prayers and fasting, and includes specific reminders of what to expect both physically and spiritually during a fast./div

The Forty-Day Word Fast focuses on several biblically sound mechanisms to help you change your words and your life. Not only will your vocabulary change, your heart also will be transformed in just forty days.

In this New York Times Best-Seller and one of the best available books on the topic, Jentezen Franklin explains the spiritual power of fasting and offers a deeper understanding of God's plan for fasting and the benefits available to those who participate.

Your Personal 21-Day Guide to a Successful Fast

Opening the Door to a Deeper, More Intimate, More Powerful Relationship with God

Road Map, Results, and Rewards

The Daniel Fast (with Bonus Content)

A Call to Die

Spiritual Disciplines for the Christian Life

How to know, to love, and to serve God better through fasting DIVAre you content to go through this year the same way you went through last year? You know there’s more. God has an assignment for you, and there are things He wants to release in your life right now./divDIV /divDIVFasting is God’s personal invitation to fully experience the life He has for you. In Fasting: Student Edition, New York Times best-selling author Jentezen Franklin shows you what you need to know about fasting in a way that is relevant to your life. Discover.../divDIV /divDIV· The types of fasts described in the Bible/divDIV· How to choose the best fast for you/divDIV· What to expect physically, mentally, and spiritually/divDIV· The connection between fasting and prayer/divDIV /div

The 40 Days of Fasting and Prayer Guide Book, offers guidance for individuals, congregations and ministry groups as they engage in extended seasons of consecration to God. What is fasting? Why fast? Why pray? These questions are addressed in the book. The author also includes a chapter on the benefits of fasting. This is a time when we consecrate and dedicate ourselves to the purposes of God, a transformational journey that will lead you on an inward expedition to greater health, happiness, freedom, and success, as we are told by Jesus in the book of (Matthew 3:11). The application of these spiritual disciplines shall also bring greater effectiveness in ministry (Matt. 17: 14-21). It is the will of God for every believer to live a life of victory with nothing being impossible. A life of consistent fasting will cause many victories to manifest.

Access the wisdom and biblical knowledge of fasting in this three in one collection. Book one of this volume, **Fasting for Spiritual Breakthrough**, will show you the biblical reasons for fasting and how it can strengthen your faith, draw you closer to God, and enable you to truly overcome in Christ. This book will also introduce you to the nine fasts presented in the Bible—each designed for a specific physical and spiritual outcome. Book two, **Fasting for Financial Breakthrough**, reveals practical steps you can take to break the bonds of financial dependence and become a good steward of the resources God provides. Book three, **The Daniel Fast for Spiritual Breakthrough**, will coach you through a 10-day or 21-day fast based specifically on the Daniel Fast. This book includes 21 daily readings and recipes from executive chef John P. Perkins.

She wants faith, hope, and love. She wants help and healing. She wants to hear and be heard, to see and be seen. She wants things set right. She wants to know what is true—not partly true, or sometimes true, or almost true. She wants to see Truth itself, face-to-face. But here, now, these things are all cloudy. Hope is tinged with hurt. Faith is shaded by doubt. Lesser, broken things masquerade as love. How does she find something permanent when the world around her is always changing, when not even she can stay the same? And if she finds it, how does she hold on? She Reads Truth tells the stories of two women who discovered, through very different lives and circumstances, that only God and His Word remain unchanged as the world around them shifted and slipped away. Infused with biblical application and Scripture, this book is not just about two characters in two stories, but about one Hero and one Story. Every image points to the bigger picture—that God and His Word are true. Not because of anything we do, but because of who He is. Not once, not occasionally, but right now and all the time. Sometimes it takes everything moving to notice the thing that doesn’t move. Sometimes it takes telling two very different stories to notice how the Truth was exactly the same in both of them. For anyone searching for a solid foundation to cling to, *She Reads Truth* is a rich and honest Bible-filled journey to finally find permanent in a world that’s passing away.

Fasting Student Edition

The Fasting Edge

Fasting Made Simple

Fasting

The Spirit of Python

She Reads Truth

Atomic Power With God Thru Fasting and Prayer is a short work by the spirited evangelist Franklin Hall. The book describes how prayer during extended fasts can heal the body and soul, and bring practitioners greater spiritual power to exalt and glorify Jesus Christ. Franklin Hall was born in Coffeyville, Kansas, in 1909. Hall's father died when Franklin was only twelve, leaving him distraught with both his loss and the responsibility of supporting his mother and five younger siblings. During these hard times, he looked to the local Pentecostal church for guidance. The church became a major influence on the lives of the young Hall children and their widowed mother, who remarried the reverend soon after. Hall began his own traveling ministry during the Great Depression. But he didn't become well known among evangelicals until the release of his first book, *Atomic Power With God Thru Fasting and Prayer*, in 1946. In the book, Hall described his own introduction to fasting and prayer through friendship with a Oklahoma family advocating the practice in 1932. He fasted and prayed with them in anticipation of a large revival-and at the ensuing event, "scores of people were healed of all types of afflictions." He became convinced of the power of fasting and began to preach its efficacy as he traveled. In 1946, a group of "Holy Ghost people" began a long session of prayer and fasting, lasting between ten and forty days. According to Hall, they experienced a great spiritual awakening. Some even found healing of physical ailments during the fast. As word of the event spread, Hall found that there was heavy demand for more information about the power of fasting and prayer. Later that same year, Hall wrote *Atomic Power*. The book explores how fasting intensifies prayer by "[bringing] unity and [filling] us with the glory of God." Through the combination of these two acts, he believed one could enhance their "spiritual appetites" and curtail their hunger, sex, and greed appetites-thereby uncovering their "spiritual atomic power with God that lies available to every Christian." Hall acknowledged that fasting and prayer were not new. Beyond the multiple examples from the Bible, and specifically from the life of Christ, he cited the fasting and prayer of Native Americans and Muslims who abstained from food as a regular part of their devotional exercises. In addition to the why of fasting, the book explained how one should fast. A complete fast, Hall wrote, should last from the time hunger leaves to the time hunger returns-usually 21 to 40 days. Water should be consumed in abundance to clean out the stomach and intestines of waste. And when it's time to break the fast, Hall provided a detailed breakdown of what to eat and when. Atomic Power brought success and notoriety to Hall, who continued to travel across the country evangelizing to crowds of up to 5,000 people. Immediately after *Atomic Power*, he published *The Fasting Prayer* in 1947 and *Glorified Fasting: The ABC of Fasting* in 1948. He published a total of 17 books during his lifetime. Hall and his wife, Helen, founded the Hall Deliverance Foundation in the mid-1950s. This alliance of churches and ministries followed Hall's teachings for fasting and prayer. The couple also started *Miracle Word*, a ministry newsletter that had 24,000 subscribers worldwide at its peak. Some other evangelists and Pentecostals did not agree with Hall's teachings. Still, fasting had staunch believers through the 1950s and beyond, including some notable evangelists like Gordon Lindsay, William Branham, and Orval Jagers. Hall's work has now been inspiring Christians to explore the benefits of fasting on their physical and spiritual health for over 70 years.

Drawn from a rich heritage, *Spiritual Disciplines for the Christian Life* will guide you through a carefully selected array of disciplines. By illustrating why the disciplines are important, showing how each one will help you grow in godliness, and offering practical suggestions for cultivating them, *Spiritual Disciplines for the Christian Life* will provide you with a refreshing opportunity to become more like Christ and grow in character and maturity. Now updated and revised to equip a new generation of readers, this anniversary edition features in-depth discussions on each of the key disciplines.

The prophet Isaiah describes fasting as a source of spiritual revival and such profound blessings that one might conclude its just too good to be true. Paula White provides a road map to clearly guide readers into the fundamental and biblically sound principles of fasting as it was practiced by people in the Bible, to give a glimpse of some of the remarkable results that they experienced, and then to show them how they can experience those same rewards and blessings. An invaluable resource.

Vital, *Practical Teaching on Biblical, Effective Fasting from the Topic's Leading Author* Fasting is one of the most misunderstood spiritual disciplines in the church today. And in a society where we want for nothing, abstaining from something we want carries little appeal. Yet fasting isn't about lack--it's about drawing closer to God and resting in his abundance. In this essential, foundational handbook to biblical fasting, Elmer L. Towns, one of the leading authors on the topic, will help you discover the amazing spiritual benefits of prayer and fasting. Not only does he lay out a biblical overview, but he also gives you a practical, easy-to-implement plan and answers your questions about this spiritual discipline. But more importantly, you will encounter a powerful new way to experience God's presence, to listen to him, to worship, and to pray more deeply.

The Beginner's Guide to Fasting

Fasting Journal

The Miracle Results of Fasting

A Personal 21-Day Guide

Fast Food Nation

The Forty-Day Word Fast

New York Times best-selling author Jentezen Franklin is back with a message that will inspire you to break free and reclaim a life of passion, purpose, and praise.

Whom should I marry? What will I do with my life? Do I take this job? Should I invest money in this opportunity? God has bestowed an incredible gift in the heart of every believer. He has given you an internal compass to help guide your life, your family, your children, your finances, and much more. Jentezen Franklin reveals how, through the Holy Spirit, you can tap into the heart and mind of the Almighty. Learn to trust those divine “nudges” and separate God's voice from all other voices in your life. Tap into your supernatural gift of spiritual discernment and you will better be able to fulfill your purpose as a child of God.

Shed a spiritual light on some of the biggest problems facing people today: the need to put the role of money in a proper perspective and to solve financial problems. Elmer Towns states at the outset that this is not the primary purpose of fasting and prayer. Instead, it is all about knowing God. It is not about withdrawing prayer on an as-needed basis from some spiritual ATM kiosk. It is about meditation, studying the Scriptures, and communing with God. When we fast and pray in faith, asking for God's help and provision, He begins to teach us how to become good stewards of what He has provided. Chapter topics include "Fasting to Learn Stewardship," "Why We Have Money Problems," and "A Faith Approach to Fasting for Money." Once we understand why we struggle with money problems, we can do something about it with this practical step-by-step guide.

Gospel Principles

Right People, Right Place, Right Plan

The Key to Releasing God's Power in Your Life

A Spiritual Journey to Eliminate Toxic Words from Your Life

ROAR

Fast Diets For Dummies