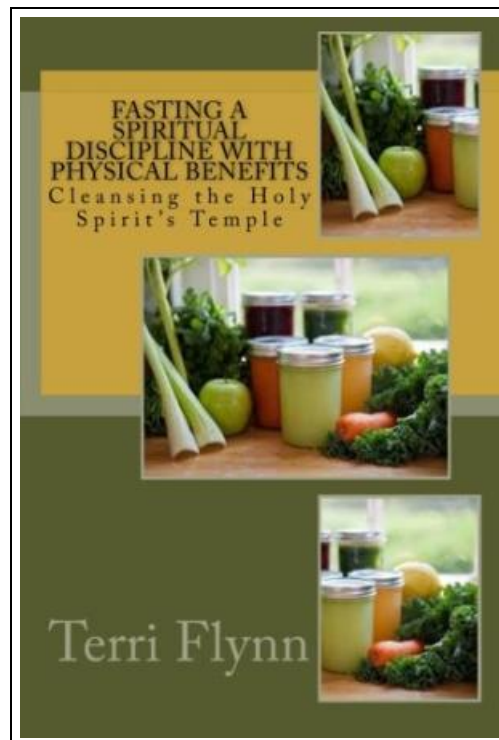


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Fasting teaches us to build health through Biblical principles by following Godly wisdom in our eating habits and allows us to gain control of our appetite. God formed every part of our body and He want us to honor Him by taking care of them. He loves our physical body; they are priceless to Him and He calls them His temple. Caring for the Holy Spirit s temple requires wisdom, and balance, and only God can help us gain both. To hear the voice of the Holy Spirit, our mind must be attentive and clear not bogged down by unhealthy food. As we learn to appreciate our body as the temple of the Holy Spirit we will change our thought pattern and create a healthy balance with food. If you are ready for a breakthrough in your dieting struggle, Fasting a Spiritual Discipline with Physical Benefits, provides a foundation to help you develop a life-changing commitment. God created food to give us energy, to heal our bodies, and for us to enjoy. Food was never meant to control us. When we shift our attention from losing weight to improving health by eating properly and cleansing the Holy Spirit s Temple, our body will begin to reach the weight that is best for us. Many of people decided to diet, but only a few resolve to fast.



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