



The Miracle Results of Fasting: Discover the Amazing Benefits in Your Spirit, Soul and Body (Christian Living Series)

By Dave Williams

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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.

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Editorial Review

From the Publisher

What if you could do something that would bring amazing advancement to your life? Something that would:

- Give you divine revelations from God
- Bring you answers to prayer quickly
- Deliver you from bad habits
- Give you longer life
- Give you increased energy levels
- Help you lose weight
- Break demonic strongholds

... and it won't cost you anything. Would you do it?

From the Author

I wish to express a caution to my readers. Use godly discernment when studying the subject of fasting from Web sources and non-Christian writers. While there is a host of helpful medical and scientific data in these studies from which we can learn, we must be cautioned to use godly discernment in our quest to understand the subject. I add this note because there are new age, pagan, and false religions that also practice fasting.

Also, a pregnant woman should not engage in a long-term fast. As she detoxifies, the toxins could go into her baby. Young children who are still growing should not go on long, extended fasts.

About the Author

Dr. Dave Williams, America's Pacesetting Life Coach, is a teacher and trainer to successful leaders in ministry, business, and life. For more than 30 years he led a flourishing local church and developed a missions program that gave more than 40 million dollars and planted over 500 daughter churches worldwide. Dave Williams has the knowledge and experience to help you succeed and be fruitful in your life's calling.

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Lawrence Gregory:

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