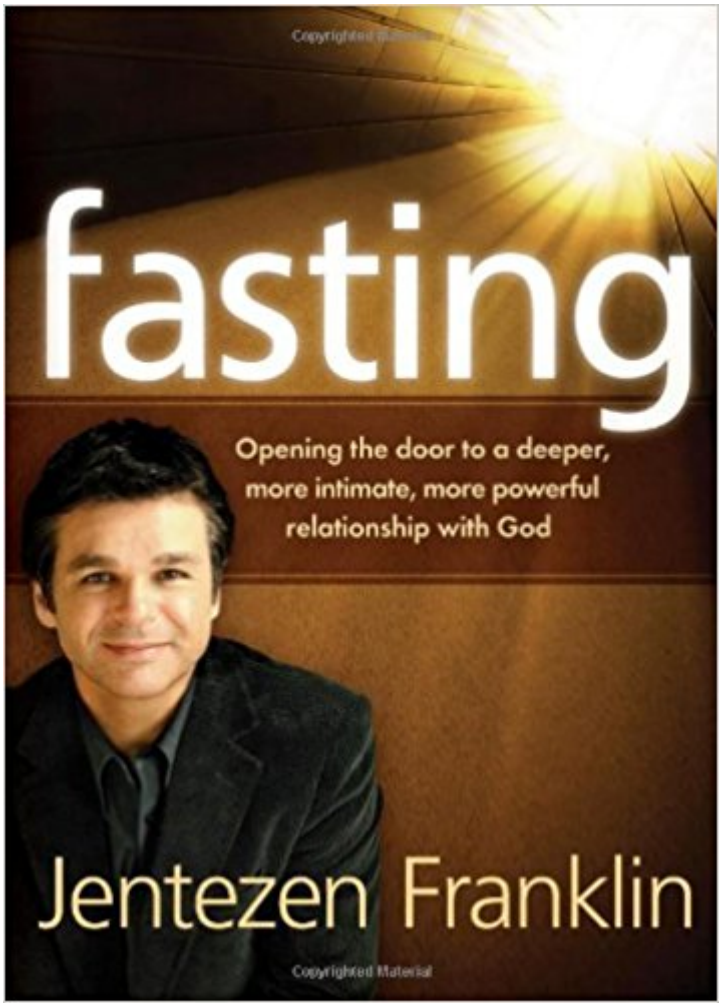
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Fasting: Opening The Door To A Deeper, More Intimate, More Powerful Relationship With God



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Synopsis

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 GodÃ¢â ¬â„¢s plan for fasting and the benefits available to those who participate. The book contains inspiring and practical information that readers need to know in order to access the power of biblical fasting. Those who seek God through fasting can expect tremendous rewards for their personal lives as well as for the church. They will see breakthroughs in many areas such as healing, finances, unhealthy dependencies and family relationships. This book also gives stories of those who have reaped miraculous rewards from this simple act of faith.

Book Information

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Customer Reviews

Access the Power of Biblical Fasting and Transform Your Life! When you fast, your spirit becomes uncluttered by the things of this world and amazingly sensitive to the things of God. Once you've experienced even a glimpse of this and the countless rewards and blessings that follow, it changes your entire perspective. Jentezen Franklin gives you the keys to experiencing this kind of transformation in Fasting, one of the best and most comprehensive books available on the topic. Discover everything you need to know to unlock the power of biblical fasting, including: Ã Â The types of fasts described in the Bible and how to choose which is right for you Ã Â The connection between fasting and prayer Ã Â The essential components of a successful fast Ã Â What to expect physically, mentally, and spiritually Experience for yourself the deeper, stronger relationship

with God that only comes through prayer and fasting.

Jentezen Franklin is the pastor of Free Chapel in Gainesville, Georgia; Gwinnett, Georgia; and Orange County, California. Franklin is a popular conference speaker, and his nationally televised program, Kingdom Connection, is seen weekly on national and international networks. He has written several books, including Believe That You Can, Fear Fighters, and The Spirit of Python. He and his wife, Cherise, have five wonderful children. Ã Â

Finished reading this book just before our church wide 21 day fast in January of 2017. What an eye opener to things of God I should have known, but didn't. Pastor Franklin writes just as he speaks which is very easy to understand and scriptural. My husband and I did the fast the previous January out of obedience but without understsnding. This year it was obedience and understanding and we got so much out of it. I would highly recommend this book to anyone the least bit interested in knowing about the biblical principles of fasting!

I wouldve never thought i'd be in this mindset today. Surely God had a plan this year 2015. Day 3 of my church's consecration fast last week and i asked myself if i would be able to make the whole 7 days. I hadnt fasted in yeaars and this was also my first 7 day one, and the first fast i have ever noticed a hyper sensitivity to the spirit realm. Obviously feelings the pangs of fatigue upon the third day, immediately i thought of The days i used to see Franklin preach about fasting on TBN. I hadnt thought of this man in over 3 years. So i looked him up on google "who is that guy who talks about Fasting?" :) found his books on and purchased the kindle and audible - i tell you this truthfully - this book took me through, it awakened my soul like i wouldve never imagined, it uplifted me. And to prove even more that God mustve lead me to read his book, when i would attend church in the evenings, my pastor's choices of Scriptures aligned with Franklin's and vice versa. I now understood why my life had this sense of stiflement, stalemate, i felt it especially in 2014. i realised that my prayers needed this aspect of fasting to fully allow God to move in my life. God moved from DAy 1 and lead me to this book so that i would know there is much more deliverance and release to come. After the fast, i could even notice that my business picked up too! More peace during the day. I have moved to another level in my life. 2 weeks ago if you told me this would happen, i wouldnt have understood you. :) thank you Mr. franklin and co. Praise the Lord!!

This is an excellent book for those who want to know more about how to fast & why we should do it.

After reading the first few pages, it makes you want to fast. Fasting is a way to worship & grow closer to God & this book gives great detail as to what happens when we honor God by doing so. Even if you have fasted before, this is an excellent read & it may even open your eyes to other reasons as to why we should fast & why we should incorporate it as a way to honor Christ throughout the year.

GREAT!! GREAT!!! GREAT!!! I learned how to defeat the devil through fasting by constantly saying NO to him when he's trying to control my mind to think about doing things God forbids. AMEN. This is the biggest deception of Satan, when he speaks to our flesh, we think its what we want to do, and then act on it, but I've learned that its not what I want to do, especially since I have laid down my life and given it to God, its not me anymore, but the flesh wants to do it. So I put the flesh under control, and tell it NO. I have noticed that every time I tell him NO, I pass the test, and God advances me in the spirit. God has elevated me so that he spoke to me and I heard his voice. I couldn't believe it. It was AWESOME. GOD SAID "I'M SENDING A REVIVAL, I'M STARTING IT UP WITH YOU, REVEREND JAMES T. MEEKS, IT WILL SPREAD THROUGHOUT THE WORLD, YOUR NAME WILL BE GREAT THROUGHOUT THE WORLD, YOU HAVE A SPARKLE HERE. I'M COMING THROUGH, DON'T BLOCK ME, TELL THE PEOPLE AND PREPARE THEM TO RECEIVE ME." God is real, and we're in a battle, we are soldiers in the Army of the Lord, and its going to take some fasting to stay tuned to God and what he's trying to do in this last and evil day, which is build up HIS Kingdom to get as many saved as possible.

Top favorite reasons for liking this/ these books:Encouraging & InspiringEasy to read, interestingIncludes Testimonials &Biblical examples of fastingI've reviewed & read ALL 3 of Franklin's fasting books this week: The Fasting Journal, the Fasting Book w/ DVD, AND the Fasting Edge. I can tell you...I suggest you choose either the book w/ DVD OR the journal, but NOT both. They both repeat the same things over & over, very annoying. The books are both quite good & very encouraging to read during a fast... but the 2 are too similar. Just choose one, between the two.But the Fasting Edge- that's my favorite of the 3. It doesn't repeat all the same stuff as the other 2 books either.All of the books are very inspiring & encouraging. It's a very easy read, all of them are. It's not painful to read, you know how some books can be... it's easy & hard to stop reading, in fact. I really appreciate his constant encouragement & his love for the Lord & for fasting. His real heart comes through, and he doesn't seem like somebody trying to sell us on some 'get rich quick' scheme... not at all... and he makes that quite clear. These books are full of all the Biblical examples

of fasting, and I like that too. It also includes testimonials of God blessing people who've fasted, just as He'd promised.I'm on my 10th day of a water only/ Daniel fast. On the days I'm home, I do water only, but if I have to drive a long way & don't want to wreck, I do the Daniel fast. I keep a separate (blank) journal to record my fasting journey & God has already answered 5 smaller prayer requests. I'm committed to fast 43 days, and then some, until He answers those much-needed prayers I pray on behalf of my husband, and his much-needed mercy & soul-revival. -Glory to God!!Bless you all as you seek Him FIRST in your life through fasting & prayer!!

This is a great book. I love that he explains what fasting is, the different types of fast and also the benefits of fasting. This is a great guide if you have or have not fasted and is looking for clear understanding and direction on your fast. I had to give this to a friend and purchase myself another one. It will definitely bless your soul and get you on a clearer path of fasting.

Best book I've ever read on fasting. Period. I usually pass on books once I've read them, but this one is staying handy to reread for whenever I fast.

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