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The Beginner's Guide to Fasting

Elmer L. Towns

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The Beginner's Guide to Fasting Elmer L. Towns
God created the human body as a finely tuned instrument of enormous power, but it requires fuel to operate. To make sure that body gets enough fuel, God created in humans an appetite for food, which we call "hunger." So why would anyone ever ignore hunger and choose not to eat? Going without food for spiritual reasons is called fasting, a spiritual discipline with a long and important history in Christianity. When accompanied by earnest prayer, fasting demonstrates a believer's sincerity to God. In *The Beginner's Guide to Fasting*, beloved teacher-theologian Elmer Towns introduces the basics to those who may have never fasted before and reviews the fundamentals for seasoned intercessors. Dr. Towns gives an overview of fasting from the Old and New Testaments and answers questions about fasting related to physical health, social interaction, spiritual warfare, and much more. *The Beginner's Guide to Fasting* is an essential handbook for all who long to draw closer to God through biblical spiritual disciplines.

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