



# Knowing God Through Fasting

By Elmer Towns

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## Knowing God Through Fasting By Elmer Towns

People fast for many reasons...to break an addiction...to seek God for healing...to discover the answer to a lingering problem. But the greatest reason to fast is to know God intimately and to feed on the Bread of Life.

The book in your hands is not an instruction manual on the methods of fasting or on how to pray. Rather, Dr. Elmer Towns describes the spirit of fasting that leads to an intimate knowing of Jesus Christ. He will show you that fasting is:

- *tasting the goodness of the Lord*
- waiting in God's presence to become like Him
- coming to Jesus to enjoy His presence
- drinking from God's presence to get spiritual satisfaction
- learning to discipline yourself even as Jesus did
- growing spiritually into the image of Jesus
- gaining spiritual perception of God's world
- entering God's rest as you know His heart

**Guaranteed to Create a Spiritual Hunger and Thirst Within Your Soul That Only God Can Satisfy.**

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## **Editorial Review**

### **About the Author**

Elmer L. Towns is Vice President and Co-founder (with Jerry Falwell) of Liberty University, beloved professor and Sunday school teacher, and well-respected Christian leader. He is author of over 100 books, one of which received the Gold Medallion Award by the Evangelical Christian Publishing Association.

## **Users Review**

### **From reader reviews:**

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This Knowing God Through Fasting book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is definitely information inside this publication incredible fresh, you will get details which is getting deeper a person read a lot of information you will get. That Knowing God Through Fasting without we recognize teach the one who examining it become critical in pondering and analyzing. Don't possibly be worry Knowing God Through Fasting can bring once you are and not make your bag space or bookshelves' come to be full because you can have it inside your lovely laptop even phone. This Knowing God Through Fasting having great arrangement in word as well as layout, so you will not experience uninterested in reading.

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