



Fasting: Opening the door to a deeper, more intimate, more powerful relationship with God

By Jentezen Franklin

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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 God'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.

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Editorial Review

From the Back Cover

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:

- The types of fasts described in the Bible and how to choose which is right for you
- The connection between fasting and prayer
- The essential components of a successful fast
- What to expect physically, mentally, and spiritually

Experience for yourself the deeper, stronger relationship with God that only comes through prayer and fasting.

About the Author

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.

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