# **FASTING AND SPIRITUAL POWER**



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The Power of Prayer and Fasting By Marilyn Hickey Guest Columnist. power, and provision. weight or maintain their weight. What I am opposed to is making the losing of weight your primary goal in a season of spiritual fasting and prayer. To have weight loss as a goal makes your fasting a diet plan, not a time of genuine fasting and prayer.

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Fasting, going without two consecutive meals, is a commandment and a process by which LDS members/Mormons learn self-control and gain spiritual power.

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## 4 Spiritual Benefits of Fasting What Happens When You Fast

Desiring spiritual breakthrough this new year? Hoping this year will bring a loved one s complete surrender to Christ? You might want to consider fasting and prayer. For those of us who long for spiritual intimacy with the Father, fasting and prayer affords us the opportunity to do so. Here are

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#### 7 Steps to Fasting Cru

I believe the power of fasting as it relates to prayer is the spiritual atomic bomb that our Lord has given us to destroy the strongholds of evil and usher in a great revival and spiritual harvest around the world. http://ebookslibrary.club/download/7-Steps-to-Fasting-Cru.pdf

## What Does Fasting Mean Power of Fasting and Prayer

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