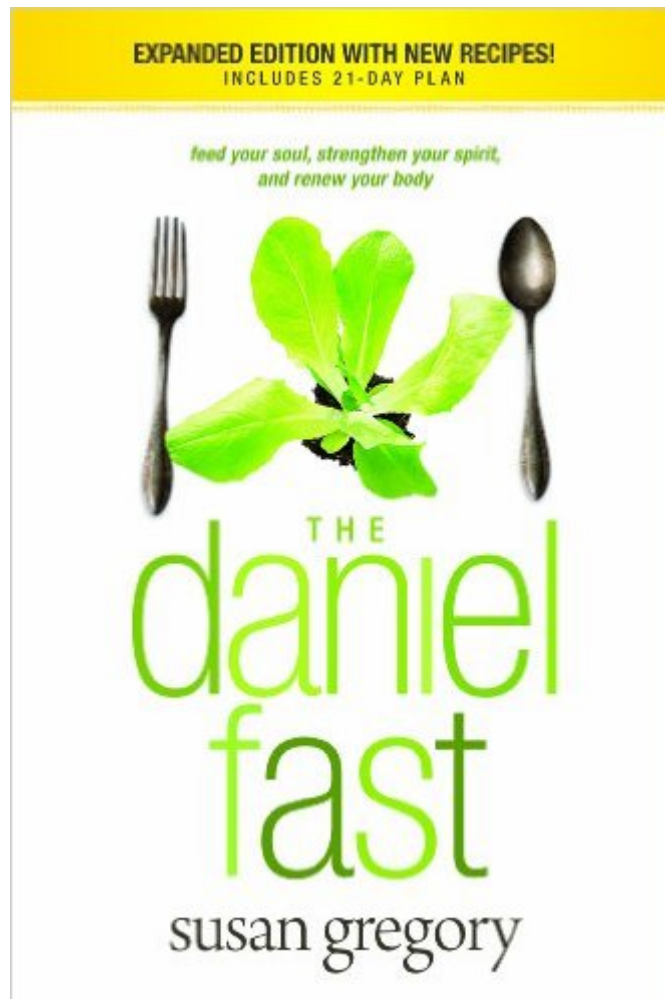


The book was found

The Daniel Fast: Feed Your Soul, Strengthen Your Spirit, And Renew Your Body



Synopsis

What if you could grow closer to God and improve your health in just 21 days? Susan Gregory, âœThe Daniel Fast Blogger,â• has a plan to help you do just that. Widely recognized as the expert on this 21-day fast inspired by the book of Daniel, Susan has helped thousands of people discover a safe and healthy way to fast. The principles you learn from The Daniel Fast will change the way you view food, your body, and your relationship with the one who created you. Includes 21 daysâ™ worth of Daniel Fast recipes! Visit www.daniel-fast.com

Book Information

Paperback: 304 pages

Publisher: Tyndale Momentum; Expanded edition (January 1, 2010)

Language: English

ISBN-10: 1414334133

ISBN-13: 978-1414334134

Product Dimensions: 5.5 x 0.9 x 8.2 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ Â See all reviewsÂ (674 customer reviews)

Best Sellers Rank: #22,792 in Books (See Top 100 in Books) #16 inÂ Books > Religion & Spirituality > Worship & Devotion > Ritual #296 inÂ Books > Christian Books & Bibles > Worship & Devotion #478 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Fasting is a Christian discipline that is rarely talked about in the Christian church, so I found the book, The Daniel Fast by Susan Gregory, to be refreshing and enlightening. America has been plagued by an epidemic of obesity - we love our food -and for some they love their food more than they love their God! Fasting was a part of the Jewish culture and great men and women of God through out the Bible, participated in fasting and prayer. Our ultimate example is Jesus our Savior, who went into the wilderness for 40 days to fast and pray. Have you ever gone on a fast? In the last few years I have begun to practice this spiritual discipline. Sometimes it's been with my Good Morning Girls group, often it's with my husband and once with an old friend from high school who now lives in Texas! The support through out the day of emails, texts and prayers has gotten me through some rough days of fasting - (I do love my Diet Coke! I know for others giving up coffee is a struggle!) What is so great about this book is it provides a step by step plan - including how to prepare, some recipes that follow the restrictions and daily devotions for doing a 21 day Daniel Fast.

I have not done a fast that included food so this sparked my interest - maybe I can do this! Susan Gregory says in The Daniel Fast, "The definition of a biblical fast is to restrict food for a spiritual purpose." Susan explains there are three types of fasts - an absolute fast, a normal fast, and a partial fast. The Daniel Fast is a partial fast - abstaining from some foods but not all. Daniel abstained from all foods except foods from the seed and water. So this book explains how to follow his example. Do you wish you had the deep faith of Daniel? One that could lock the jaws of lions in a den?

[Download to continue reading...](#)

The Daniel Fast: Feed Your Soul, Strengthen Your Spirit, and Renew Your Body The Daniel Fast: The Ultimate Guide To The Daniel Fast: recipes, Daniel diet, Daniel plan, Daniel fast for beginners, cookbook, vegan diet, vegan plan, prayer, fasting, weight loss The Soup Club Cookbook: Feed Your Friends, Feed Your Family, Feed Yourself The Daniel Fast Smoothies: Easy, Quick, and Delicious Daniel Fast Smoothie Recipes The Feed Zone Cookbook: Fast and Flavorful Food for Athletes (The Feed Zone Series) The 30-Day Faith Detox: Renew Your Mind, Cleanse Your Body, Heal Your Spirit THE COMPLETE CANCER CLEANSE: A Proven Program to Detoxify and Renew Body, Mind, and Spirit Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) Eating the Bible: Over 50 Delicious Recipes to Feed Your Body and Nourish Your Soul So That All Shall Know/Para que todos lo sepan: Photographs by Daniel Hernández-Salazar [Fotografías por Daniel Hernández-Salazar] (English and Spanish Edition) El plan Daniel: 40 días hacia una vida más saludable (The Daniel Plan) (Spanish Edition) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) Chicken Soup for the Fisherman's Soul: Fish Tales to Hook Your Spirit and Snag Your Funny Bone (Chicken Soup for Soul) Chicken Soup for the Fisherman's Soul: Fish Tales to Hook Your Spirit and Snag Your Funny Bone (Chicken Soup for the Soul) Rice Cooker Meals: Fast Home Cooking for Busy People: , or Feed a family quickly for under \$10, with less mess to clean & get out the kitchen quicker! Soul Mates & Twin Flames: Discover a Timeless Love, Fulfill Your Soul's Purpose, and Experience a Higher Level of Love (Soul Mates, Twin Flames, Karmic ... Spirits, Endless Love,

Spiritual Partner) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) The Genius of Flexibility: The Smart Way to Stretch and Strengthen Your Body

[Dmca](#)