

Fasting: Spiritual Freedom Beyond Our Appetites
By Lynne M. Baab

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that God would bring revival to the Church and beyond. 2. Fast for Spiritual Freedom. To empty ourselves of things that compromise us in our life in God and God's life in us. To break strongholds of the physical appetites.

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Health care workers and others advocate fasting to calm us down, help us . Lynne M. Baab "Fasting: Spiritual Freedom Beyond Our Appetites"

Fasting is an expression of freedom. Free from the patterns and habits that mark everyday life, from time to time we can move beyond our appetites into

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references to fasting as the practice of abstaining from food for spiritual purposes (Ex 24, 34; . Fasting: Spiritual Freedom Beyond Our Appetites, by Lynn Baab.

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most specifically aimed at a food fast, but at times I've included thoughts in regards to other forms . Fasting: Spiritual Freedom Beyond Our Appetites by Lynne

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Introduction: In our previous sessions we have looked at some of the history of
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Fasting is a tradition in many religious and spiritual practices, and has even
enliven a part that exists beyond the bodily frame — let's call it spirit or soul.
energy to satisfy my body's appetites, other interesting doors open.

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