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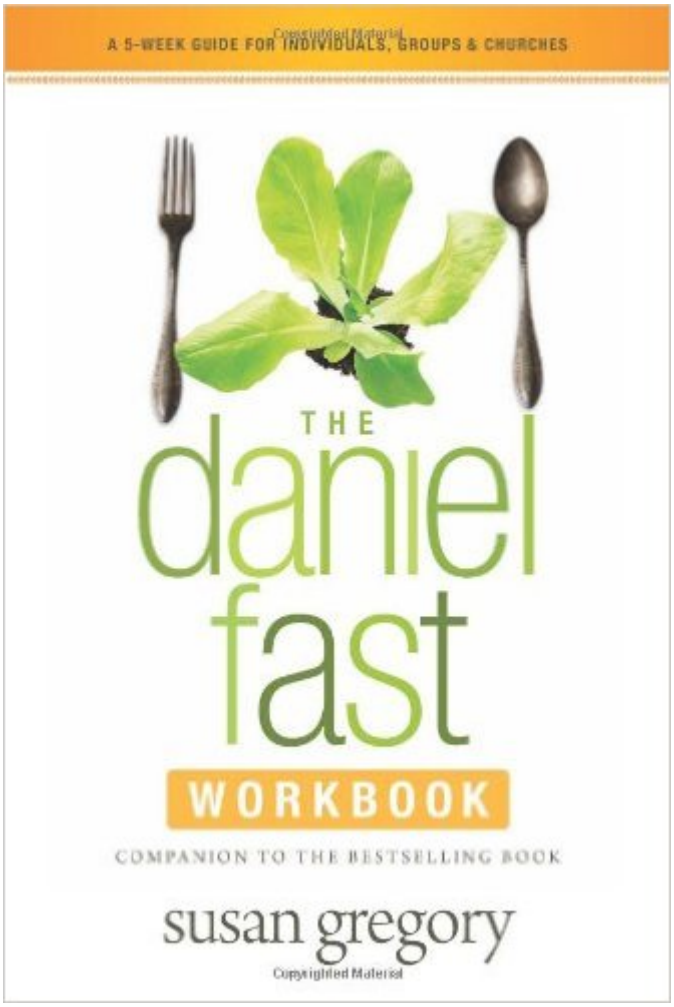
The Daniel Fast Workbook: A 5-Week Guide For Individuals, Groups, And Churches



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Synopsis

What if you could grow closer to God and improve your health in just 21 days? This companion workbook to the popular book The Daniel Fast will help you do just that as it guides you through the actual fasting experience. Susan Gregory, â œThe Daniel Fast Blogger,â • is widely recognized as the expert on this 21-day fast inspired by the book of Daniel, and she has helped thousands of people discover a safe and healthy way to fast. Designed for churches, small groups, or individuals, her 5-week study contains an introduction, three sessions, and a conclusion (as well as bonus leaderâ ™s resources). 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.

Book Information

Paperback: 96 pages

Publisher: Tyndale Momentum (November 1, 2013)

Language: English

ISBN-10: 1414387903

ISBN-13: 978-1414387901

Product Dimensions: 5.8 x 0.2 x 8.8 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

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Customer Reviews

A friend of mine did The Daniel Fast at the begining of the year and I dedided that I would make this part of my lenten devotion. When I started it I was very apprehensive as I have never followed a vegan diet in my life. Eliminating so many things at one time; meat, cheese, eggs, milk, coffee, sweetners, alcohol...well, there were times it was tough to stay the course but I did it. My intention wasn’t to loose weight but I did. 5 pounds in 21 days.The recipies for breakfast, lunch, dinner as well as snacks were fantastic! I told a friend of mine about it and she bought the book as well and although she didn’t do the fast we were sharing meals we had prepared different things.Regardless of the reason I highly recommend this to anyone who is looking for a stronger connection to God.

I would reccommend this to my sisters in Christ who are trying to have a closer relationship w/God

as well as trying to be come healthier physically and spirtually.Easy reading keeps your attention longer.

This is only a workbook and not an informational book. I was disappointed and felt the description was misleading. It is full of questions to probe further thinking that may be useful if your interested in that

This came in great time and I have already done some reading and studying this. It has some great information and I am sure that it will be of great value to me in the years ahead

I recommend this to anyone desiring a closer walk with God through prayer and fasting. This book includes a wise approach to fasting while being mindful of the health needs of the body during this time of consecration.

I wish this was styled in a day to day vs a week by week, overall really enjoyed the fast and liked that I had a book to give me some direction.

Love the Idea of the workvook along with the readings. It makes you dig deeper for a more satisfying fasting experience. Well written and easily understood for the experienced and layman faster. I've done the fast many times but, never knew of the workbook. Thank you

An excellent guide for those who chose to fast for Lent or personal reasons. Thoughtful meditations and food suggestions for any time period.

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