



The Practice of Fasting: Everyday Practices for a Flourishing Faith (Bloom Books)

Aaron Mitchum, Chris Folmsbee

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The practice of fasting seeks to free us from the grips of unhealthy consumption. By starving ourselves from the things we want but don't need, we create the time and space to seek God in our lives. Fasting can help shape a life of submission and love in God; a life that remembers it is God who sustains us, not our wants or personal desires. With a beautifully designed interior and pocket-sized exterior, The Practice of Fasting will lead you through different ways to develop fasting as a spiritual discipline. Bloom Books can be used in many ways: retreats, small groups, individually, or as a large group. Buy now: QuantityPriceDiscount0-9\$1.6510-24\$1.4910%25-49\$1.3220%50-99*\$0.9940% *When you purchase 50 or more you will receive a link to download a Leader's Experiential Learning Guide that will help you navigate the conversation with your students in engaging, experiencing, processing and applying the discipline to their faith. Size: 3.75. x 3.75., 24 Pages

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