



The Miracle Results of Fasting: Discover the Amazing Benefits in Your Spirit, Soul and Body (Christian Living Series)

Dave Williams

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Fasting and prayer has been a spiritual practice since ancient times to cleanse and purify believers. Now, Dave Williams, pastor of the 5,000 member Mount Hope Church in Lansing, Michigan, sheds new light on this honored and powerful practice. Readers will learn the amazing benefits of fasting and prayer including breakthrough answers, sharper mental ability, and stronger, healthier bodies. Pastor Williams share his own personal insight and experiences on why to fast, how to fast, and pitfalls to avoid.

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