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fasting.3. Yet, we do not hear today about the spiritual discipline of fasting unless it is in the context of .. 11 Lynne M. Baab, Fasting: Spiritual Freedom Beyond Our Appetites(Downers Grove, IL: IVP Books, 2006), 11. 12 Ibid., 15. 13 Dallas

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Dr lynne baab, our people, theology programme, university of otago

Fasting: Spiritual freedom beyond our appetites. Downers Grove, IL: InterVarsity Press, 152p. Baab, L. M. (2008). Reaching out in a networked world: Expressing

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most specifically aimed at a food fast, but at times I've included thoughts in regards to other forms .
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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.

Fasting for freedom from self — almonds & elephants

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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