

Simplicity And Fasting Spiritual Disciplines Bible Studies

Unveiling the Magic of Words: A Report on "**Simplicity And Fasting Spiritual Disciplines Bible Studies**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Simplicity And Fasting Spiritual Disciplines Bible Studies**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

Spiritual Disciplines for the Christian Life Donald S. Whitney 2014
Drawn from a rich heritage, *Spiritual Disciplines for the Christian Life* will guide you through a carefully selected array of disciplines. By illustrating why the disciplines are important, showing how each one will help you grow in godliness, and offering practical suggestions for cultivating them, *Spiritual Disciplines for the Christian Life* will provide you with a refreshing opportunity to become more like Christ and grow in character and maturity. Now updated and revised to equip a new generation of readers, this anniversary edition features in-depth discussions on each of the key disciplines.

21 Days of Fasting and Praying LaVonda McCullough 2020-01-07 Are you seeking a spiritual breakthrough in your life? Do you want a more intimate relationship with Christ? Fasting is a powerful spiritual discipline in the life of a Christian. The spiritual power combination of fasting and praying offers a deeper understanding of God's plan and purpose for your life. Inspired for a reader desires to know how to begin the new discipline of fasting and praying or one who desires to reignite this essential lifestyle. This devotional book will provide daily scripture, an encouraging thought-provoking message followed by an affirming Declaration. When you fast, your spirit becomes uncluttered by the things of the world, and you are better able to become sensitive to the things of God. Fasting allows the Holy Spirit to reshape you into your true self by dealing with your wounds from the past that have distorted, stagnated, and stunted your spiritual growth. Through fasting and praying, you can expect tremendous reward and experience breakthroughs in many areas of your life. Such as in your finances, relationships, healing, and freedom from personal bondage. She encourages the reader through personal stories of how God's miraculous power gave her total victory and freedom in Christ through her simple act of faith. LaVonda's biblical teaching strategy, "Simple Steps with Jesus," challenges you to begin taking steps on implementing this essential discipline in your life. Ask yourself, What specific need do I have in my life right now? Once you have that reason in your mind; begin your journey of fasting and praying for God to meet that need.

The Use of Classical Spiritual Disciplines in Evangelical Devotional Life Daniel D. Green 2008-03-01 This is a presentation of a research project on the effect of classical spiritual disciplines on the spiritual and psychological well-being of participants. Eighteen persons studied and practiced thirteen different spiritual disciplines over a period of six months. Pretests and posttests measured the resultant change. Foundational chapters survey the literature of the disciplines and discuss the potential benefits and dangers of the spiritual practices considered. Substantial appendices contain the lessons presented on the disciplines themselves, as well as the test instruments used to measure results. A narrative relating the progress of the project from inception to completion is included.

Spiritual Disciplines Companion Jan Johnson 2012-05-25 Spiritual disciplines connect us to the God who wants to transform our souls. We discover these time-tested practices in the Bible as we look at the everyday ways Jesus related to God. These companion studies and exercises will help you to explore sixteen core practices. Three segments on each practice (a total of forty-eight sessions) allow space to go beyond superficial understanding and to begin to live in a new way. Jan Johnson, a seasoned writer in both the areas of spiritual formation and Bible study, has created a unique mix of inductive Bible study, guided meditation and transformational exercises spanning all the styles of learning and offering something for everyone. You can use this book effectively on your own or with a group. Discover what it means to live in the grace and light of God's transforming presence. Also available: The *Spiritual Disciplines Bible Studies* series of eight titles offers these studies in six-week guides with notes for leaders included. Explore silence service secrecy prayer listening Bible study Scripture meditation

community submission reflection confession fasting simplicity worship celebration

Fasting with the Lord's Prayer Elmer L. Towns 2013-12-23 "Our Father, Who Art in Heaven . . ." After Jesus taught His disciples what we know as the Lord's Prayer, He continued His teaching: "Now when you fast . . ." Not if you fast--when! Our Lord knew the supernatural power and intimacy with the Father that emerges from a life infused with spiritual disciplines. *Fasting with the Lord's Prayer* is your guide to praying as Jesus taught and fasting for breakthrough answers from our heavenly Father. You will find practical, biblical guidelines to help you prepare for and experience a meaningful fast, and an in-depth exploration of the seven petitions of the Lord's Prayer. Plus, 21 daily readings will add richness to your time spent drawing closer to God. The Father is ready to meet your need. Are you ready to draw near and pray?

Your Guide to Biblical Fasting Gary L. Cordon Sr. 2011-01-06 *THIS BOOK HAS BEEN ADOPTED AS A TEXTBOOK FOR STUDY AT TRUE STANDARD BIBLE CHRISTIAN COLLEGE. "Your Guide To Biblical Fasting" is the result of over fifteen years of prayer and fasting at Victory Temple Church of God in Christ/The Evidence Church. I started giving our members instructions on fasting because they wanted to fast as the Bible teaches. But many were either diabetic, high blood pressure, overweight or medically obese, full of toxins, arthritic, chronic pain and on medication, acid reflux and more... Very few started out strong and healthy enough to do the absolute fasts for any extended period of time, including me. So I sought God for directions and wisdom to put together answers and instructions for these members who wanted to fast with these pre-existing conditions. That was the beginning. This book is the result. _____ Fasting is one of the most important and overlooked secrets to success with God that the Bible teaches. Fasting from food and fasting from other things that we have appetites for will bring us into His presence more powerfully than any other one thing that a Christian might attempt to do. Fasting makes us more sensitive to the voice of God, and I have prepared a very successful approach for you through this special manual. This manual contains just what you need as a beginner for power through fasting. Hundreds of people use this manual personally and in ministry. Pastors use this for teaching the principles of fasting in their Bible studies. It is a great resource for fasting and prayer! This is a simple, yet powerful tool to help you in your approach to God to see answered prayers, miracles and deliverance! A powerful tool to use in your dedicated approach to God in prayer. Begin to see miracles of supernatural evidences of power with God. Healing, deliverance, salvation and favor is yours!

Spiritual Disciplines Handbook Adele Ahlberg Calhoun 2015-11-19 Adele Calhoun's *Spiritual Disciplines Handbook* has become a standard for those who want to expand their knowledge of spiritual practices. Now this beloved resource has been revised throughout and expanded to include thirteen new disciplines along with a new preface by the author, giving us practical guidance in our continuing journey toward intimacy with Christ.

Spiritual Disciplines Bible Studies Janet L. Johnson 2003-06-01 A *Formatio* release. You can discover key disciplines for spiritual growth in the Bible as you look at the everyday ways Jesus related to God. For Christians through the ages and for Christians today, spiritual disciplines have been an effective means of connecting to God--allowing him to transform souls and lives. This series of six Bible study guides by Jan Johnson covers the disciplines of community and submission, prayer and listening, reflection and confession, service and secrecy, simplicity and fasting, solitude and silence, study and meditation, worship and celebration. Incorporating spiritual disciplines into your daily life will help you to grow your relationship with God.

Discipline of Fasting Stella C. Okoronkwo 2002

Fasting and Stewardship Hendrickson Publishers 2014-07 The *Everyday Matters Bible Studies for Women* series explores twenty-four

spiritual disciplines rooted in God's word, geared to draw us closer to him and enrich spiritual formation. But of those twenty-four, two in particular are in danger of becoming far too seasonal in our faith life. Both fasting and stewardship are all too often brushed aside and held at a distance to practice at some point. Yet these two "holy habits" are far richer and more valuable than we often allow. Both call us to focus on doing God's will rather than our own, acknowledging the resources he has given us and responding in supplication and gratitude. Learn from Scripture and spiritual giants who have gone before us how fasting is part of the way we express our dependence on God, how being a steward is really about reflecting God's glory with our lives, and how integral these two spiritual practices are to the Christian's walk. The purpose of this study guide series is to help you use spiritual practices to make your own life richer, fuller, and deeper. It can be used as a stand-alone Bible study guide for groups or individuals, or as a companion alongside the *Everyday Matters Bible for Women*. The twenty-four spiritual practices in this series are Acceptance, Bible Study & Meditation, Celebration, Community, Confession, Contemplation, Faith, Fasting, Forgiveness, Gratitude, Hospitality, Justice, Mentoring, Outreach, Prayer, Reconciliation, Sabbath & Rest, Service, Silence, Simplicity, Solitude, Stewardship, Submission, and Worship.

The Essential Guide to Fasting Elmer L. Towns 2016-10-18 Vital, Practical Teaching on Biblical, Effective Fasting from the Topic's Leading Author Fasting is one of the most misunderstood spiritual disciplines in the church today. And in a society where we want for nothing, abstaining from something we want carries little appeal. Yet fasting isn't about lack—it's about drawing closer to God and resting in his abundance. In this essential, foundational handbook to biblical fasting, Elmer L. Towns, one of the leading authors on the topic, will help you discover the amazing spiritual benefits of prayer and fasting. Not only does he lay out a biblical overview, but he also gives you a practical, easy-to-implement plan and answers your questions about this spiritual discipline. But more importantly, you will encounter a powerful new way to experience God's presence, to listen to him, to worship, and to pray more deeply.

Fasting Outside the Box John K. Bankas 2012-09 At long last, the spiritually thirsty and hungry souls can now identify with their unquenchable quest for more of God as they embrace the Royal of Intimacy with God.

Key Principles of Biblical Fasting Kay Arthur 2010-12-01 Discover the Purpose and Power of Fasting Do you desire to feel His presence, hear His voice, sense His pleasure? Since ancient times, fasting has been considered an essential means of drawing near to God. But this spiritual discipline involves much more than abstaining from food; it goes right to the heart of genuine faith. Through this invigorating study, you'll gain a clear understanding of the principles behind this practice and be equipped to make fasting a key part of your relationship with God.

Celebration of Discipline Richard J. Foster 2009-03-17 Richard J. Foster's *Celebration of Discipline: The Path to Spiritual Growth* is hailed by many as the best modern book on Christian spirituality with millions of copies sold since its original publication in 1978. In *Celebration of Discipline*, Foster explores the "classic Disciplines," or central spiritual practices, of the Christian faith to show how each of these areas contribute to a balanced spiritual life. Foster, the bestselling author of several books (*Prayer and Streams of Living Water*) and intrachurch movement founder of *Renovaré*, helps motivate Christians everywhere to embark on a journey of prayer and spiritual growth.

Simplicity Hendrickson Publishers 2021-04-18 This Bible study guide leads women through the spiritual practice of Simplicity. It includes 4 separate Bible studies on this topic, and each study includes the following: Meditation on selected scripture focusing on a facet of the practice Sidebars that feature quotes, insights, or challenges Discussion questions Points to Ponder Prayer Exercise for the week Takeaway Treasure Leader's Guide This Bible study is standalone and can be used with any Bible. There are some references to supplementary material in the *Everyday Matters Bible for Women* that are also self-contained.

Fasting Andrea Anselm 2017-03-18 Fasting, a spiritual discipline now forgotten. This book is the backbone to any believer spiritual walk. It captivates the true nature of fasting. Thus, teaches when and how we should fast. Sound in Biblical examples and has a journal to keep a clear record of the wonders of God through prayer and fasting.

Simplicity & Fasting Jan Johnson 2003-06-03 Readers can explore the disciplines of simplicity and fasting and discover how leading a simple life can help put the focus on what's truly important.

Life with God Richard J. Foster 2010-05-04 Too often, our study of the Bible focuses on searching for specific information or some formula that

will solve our pressing needs of the moment. But what if we approached the Bible differently, and instead of transforming the text to meet our needs, allowed it to transform us? That's exactly the idea behind *Life with God*, Richard J. Foster's much-anticipated book on the Bible. Foster, bestselling author of *Celebration of Discipline* and general editor of *The Renovaré Spiritual Formation Bible*, claims that God has superintended the writing of Scripture so that it serves as the most reliable guide for Christian spiritual formation. According to Foster, the Bible is all about human life "with God." As we read Scripture, we should consider how exactly God is with us in each story and allow ourselves to be spiritually transformed. By opening our whole selves—mind, body, spirit, thoughts, behavior, and will—to the page before us, we begin to grasp all the Bible has to teach about prayer, obedience, compassion, virtue, and grace and apply it to our everyday lives to achieve a deeper relationship with God. With a wealth of examples and simple yet crucial insights, *Life with God* is an indispensable guide to approaching the Bible through the lens of Christian spiritual formation, revealing that reading the Bible for interior transformation is a far different endeavor than reading the Bible for historical knowledge, literary appreciation, or religious instruction.

She Reads Truth Raechel Myers 2016-10-04 She wants faith, hope, and love. She wants help and healing. She wants to hear and be heard, to see and be seen. She wants things set right. She wants to know what is true—not partly true, or sometimes true, or almost true. She wants to see Truth itself, face-to-face. But here, now, these things are all cloudy. Hope is tinged with hurt. Faith is shaded by doubt. Lesser, broken things masquerade as love. How does she find something permanent when the world around her is always changing, when not even she can stay the same? And if she finds it, how does she hold on? *She Reads Truth* tells the stories of two women who discovered, through very different lives and circumstances, that only God and His Word remain unchanged as the world around them shifted and slipped away. Infused with biblical application and Scripture, this book is not just about two characters in two stories, but about one Hero and one Story. Every image points to the bigger picture—that God and His Word are true. Not because of anything we do, but because of who He is. Not once, not occasionally, but right now and all the time. Sometimes it takes everything moving to notice the thing that doesn't move. Sometimes it takes telling two very different stories to notice how the Truth was exactly the same in both of them. For anyone searching for a solid foundation to cling to, *She Reads Truth* is a rich and honest Bible-filled journey to finally find permanent in a world that's passing away.

Prayer, Fasting, and Almsgiving Kevin Perrotta 2012 Prayer, fasting, and almsgiving are often called spiritual disciplines. The term highlights their similarity to physical disciplines. But like a physical fitness program, we can go through the motions of these practices without deriving much benefit from them. Jesus wants the spiritual disciplines to work for us. Only the Holy Spirit can make us holy, but we can spur the Spirit to help us. That is what almsgiving, prayer, and fasting are: ways of seeking the Holy Spirit's help, ways of beginning to cooperate with his work in us. In this Bible study, popular Scripture commentator Kevin Perrotta selects six readings from Scripture—Old Testament and New Testament text for each spiritual discipline. Each passage confronts us with some of the most important aspects of these practices, showing us why we undertake them and how they can transform us so that we become more like the person that God created us to be. This book is perfect for Lent but can be used at any time of the year. "In the Spotlight" sections highlight background information on passages, words used in Scripture, and biblical history.

Fasting Scot McKnight 2010-12-27 "Fasting is the body talking what the spirit yearns, what the soul longs for, and what the mind knows to be true." — Scot McKnight Christianity has traditionally been at odds with the human body. At times in the history of the church, Christians have viewed the body and physical desires as the enemy. Now, Scot McKnight, best-selling author of *The Jesus Creed*, reconnects the spiritual and the physical in the ancient discipline of fasting. *Inside You'll Find: In-depth biblical precedents for the practice of fasting; How to fast effectively—and safely; Different methods of fasting as practiced in the Bible; Straight talk on pitfalls, such as cheating and motivation. Join McKnight as he explores the idea of "whole-body spirituality," in which fasting plays a central role. This ancient practice, he says, doesn't make sense to most of us until we have grasped the importance of the body for our spirituality, until we can view it as a spiritual response to a sacred moment. Fasting—simple, primitive, and ancient—still demonstrates a whole person's earnest need and hunger for the presence of God, just as it has in the lives of God's people throughout history. The Ancient*

Practices There is a hunger in every human heart for connection, primitive and raw, to God. To satisfy it, many are beginning to explore traditional spiritual disciplines used for centuries . . . everything from fixed-hour prayer to fasting to sincere observance of the Sabbath. Compelling and readable, the Ancient Practices series is for every spiritual sojourner, for every Christian seeker who wants more.

Simplicity and Fasting Jan Johnson 2003 Leading a simple life can help us focus on what's truly important. The disciplines of simplicity and fasting can clear our mind of clutter so that we can become hungry for the things that really matter.

Experiencing Spiritual Revival Margaret Feinberg 2014-02-11 Every athlete, performer, and artist trains to reach his or her goals. As Christians, our goal is to be more like Jesus. Spiritual practices are the ways we train to be like Jesus. This study will introduce participants to two types of spiritual disciplines—those that are primarily active and call us to do something and those that are primarily inactive and call us to undo something. Through this study, participants will look at familiar spiritual practices like prayer, study, service, and fellowship through the lens of Scripture and find a renewed zest for life and loving God. Features include: Twelve weeks of interactive Bible study Questions for discussion Tips for leading a great group Women of Faith Study Guides have sold more than 2 million copies to date.

Breaking Through to Higher Places Diane Nethaway 2016-12-22 Fasting can be the most exciting spiritual discipline of a Christians life when done with the expectation of a spiritual breakthrough and the understanding that it draws us into a deeper, more intimate relationship with the Lord as he reveals more of himself to us. Our minds and hearts can be pretty locked up to the idea or concept of fasting. Breaking Through to Higher Places gives a glimpse of the fast that Jesus went through and offers nine keys to open up those ideas or concepts to help you realize how quickly fasting can become feasting. Instead of running away from it, you will find yourself running to it.

Fasting Djina Remy 2009-08-24 Fasting what is it? Why do it? This question usually comes from someone with a genuine desire seeking deeper intimacy with the Lord knowledge of Gods perfect will. As you read this book I hope you will understand what is fasting and why Christians Fast. This book will take you on a spiritual journey of fasting throughout the Old Testament under the law and in the New Testament under Grace, to build a relationship with the Lord in Spirit and in Truth.

The Renovare Spiritual Formation Bible with the Deuterocanonical Books Renovare 2006-11-21 Many people are looking for a fresh way to read the Bible, not as a text to be mastered, but as a story to enter into and a lifestyle to pursue. In this unique Bible, the foremost names in Christian spirituality and biblical scholarship come together to provide a Bible that rediscovers Scripture as living text, rich with insights into how to live our lives more intimately with God. Spearheaded by bestselling authors Richard J. Foster (Celebration of Discipline) and Dallas Willard (The Divine Conspiracy), The Renovare Spiritual Formation Bible introduces the concept of the "with-God life," a model for seeing the whole of Scripture as the unfolding story of God's plan for our loving relationship with the Creator. This central theme weaves throughout the essays, introductions, notes, and exercises, powerfully revealing how God is present to his people today and throughout history. Yet our relationship with God should not be passive. Concrete practices—Spiritual Disciplines—have been used throughout church history to guide disciples of Jesus. This Bible integrates the Spiritual Disciplines into the Christian life by showing how they are central to the Bible's teachings and stories. Abraham and Ruth, Moses and Deborah, Jesus and the disciples all provide amazing examples of the life-changing power of prayer, worship, fasting, celebration, and many other Spiritual Disciplines. Scripture thus becomes a primary means for the discovery, instruction, and practice of these disciplines as well as a tool for spiritual formation. Combining the highest possible biblical scholarship with the deepest possible heart devotion, this new Bible project seeks to nourish inner transformation by unlocking and revealing the profound resources within Scripture for changing our hearts and characters and bringing them in line with what God wants for our lives. The Renovare Spiritual Formation Bible will redefine what the Bible means for Christian discipleship.

Conformed to His Image, Revised Edition Kenneth D. Boa 2020-10-06 What does a real relationship with God look like? What is the biblical vision of true spiritual life? How do we grow in spiritual maturity? How we answer these questions influences the health, potency, and witness of Christians in an increasingly complex and hostile world. Conformed to His Image, Revised Edition answers these questions with clarity and insight, offering a comprehensive, balanced, and applicable

guide to spiritual growth. Designed for use in college and seminary courses but also highly appropriate for any serious Christian wanting to grow, this revised edition helps readers build their lives on a fully biblical foundation. It offers a corrective to our tendency to narrow and compartmentalize spiritual growth by exploring twelve facets of authentic Christian spirituality, which include: Relational Spirituality: Loving God Completely, Ourselves Correctly, and Others Compassionately Paradigm Spirituality: Cultivating an Eternal versus a Temporal Perspective Disciplined Spirituality: Engaging in the Historical Disciplines Exchanged Life Spirituality: Grasping Our True Identity in Christ Motivated Spirituality: A Set of Biblical Incentives Devotional Spirituality: Growing in Relationship with God Holistic Spirituality: Every Component of Life under the Lordship of Christ Process Spirituality: Process versus Product, Being versus Doing Spirit-Filled Spirituality: Walking in the Power of the Spirit Warfare Spirituality: The World, the Flesh, and the Devil Nurturing Spirituality: A Lifestyle of Evangelism and Discipleship Corporate Spirituality: Encouragement, Accountability, and Worship With chapter overviews and objectives, questions for personal application, a glossary, a list of key terms, and helpful appendices, Conformed to His Image, Revised Edition provides a defining text for the student, pastor, and church leader of today and tomorrow. This revised edition includes new recommended resources throughout, more recent examples of subjects discussed, and updated wording to better reflect our postmodern context.

Prayer, Fasting, Almsgiving Kevin Perrotta 2012-01-03 Prayer, fasting, and almsgiving are often called "spiritual disciplines." The term highlights their similarity to physical disciplines. But like a physical fitness program, we can go through the motions of these practices without deriving much benefit from them. Jesus wants the spiritual disciplines to work for us. Only the Holy Spirit can make us holy, but we can spur the Spirit to help us. That is what almsgiving, prayer, and fasting are: ways of seeking the Holy Spirit's help, ways of beginning to cooperate with his work in us. In this Bible study, popular Scripture commentator Kevin Perrotta selects six readings from Scripture—one Old Testament and one New Testament text for each spiritual discipline. Each passage confronts us with some of the most important aspects of these practices, showing us why we undertake them and how they can transform us so that we become more like the persons that God has created us to be.

Simplicity and Silence Hendrickson Publishers 2014-02-24 The newest addition to the Everyday Matters Bible for Women line is a series of study guides that focus on various spiritual practices. The series can be used as a stand alone Bible study guide for groups or individual use, or as a companion alongside the Everyday Matters Bible for Women. Readers will work through eight chapters that include articles for reflection, Scripture verses, and discussion questions for deeper thought. Each book also includes a Leader's Guide. These books are an excellent resource for small groups, Bible studies, and Sunday school classes. Used individually or with a group these booklets will help women delve further into the Scriptures and meditate on various spiritual practices to help them live fully, every day. This Bible study guide leads women through the spiritual practices of Simplicity & Silence. It includes 4 separate Bible studies on each of these topics, and each study includes: - Meditation on selected scripture focusing on a facet of the practice - Sidebars that feature quotes, insights, or challenges - Discussion questions - Points to Ponder - Prayer - Exercise for the week - Takeaway Treasure - Leader's Guide

The Daniel Fast for Spiritual Breakthrough (Large Print 16pt) Elmer L. Towns 2010-10 Elmer Towns Fasting for Spiritual Breakthrough has become a must read, as this powerful spiritual discipline of fasting has seen a revival among followers of Christ. Now Towns digs deeper into one of the most popular forms of fasting today, the Daniel Fast. With an emphasis on a healthy, simple diet, The Daniel Fast is named after the prophet Da...

Spiritual Disciplines Stephen D. Eyre 1992-08 Eyre encourages us to practice six vital disciplines for spiritual growth: prayer, meditation, fellowship, worship, giving, and fasting.

Fasting for Spiritual Breakthrough Elmer L. Towns 2017-11-07 This Time-Tested Book Will Strengthen Your Faith, Drawing You Closer to God This comprehensive book is for you if you seek a closer walk with God, whether you wonder how to fast or you've been practicing this spiritual discipline for years. As you learn the clear biblical reasons for fasting, you'll also be introduced to nine biblical fasts that God can use for specific physical and spiritual outcomes. These include · The Disciple's Fast--to free yourself and others from addictions to sin · The

Ezra Fast--to solve problems, inviting the Holy Spirit's aid · The Saint Paul Fast--to bring clearer perspective and insight in critical decision-making · The Daniel Fast--to gain a healthier life or healing Each fast includes its purpose and biblical basis, why or when to practice this fast, and a practical step-by-step guide as you prepare for it. Now included in the book are new stories from people who have found spiritual breakthroughs in fasting, study questions for individuals or groups, biblical references to fasting, a fasting glossary, and more.

Sacred Pauses April Yamasaki 2013-02-01 In a fast-paced world full of distractions, spiritual practice can help us become more centered--more in touch with ourselves and others, more in touch with the world around us, more in touch with God. Sacred Pauses is an introduction to this more centered way of life. The author, a pastor in British Columbia, begins with her own longing for personal renewal. What would it take to feel renewed every day? Instead of waiting for a vacation to smooth out the tensions of life, instead of waiting until the end of the week to shed our weariness, what if we could take time out every day? Live a renewed life every day? Be refreshed by God every day? Sacred Pauses offers simple ways for readers to do just that. Each chapter explores a different spiritual practice--from the classic disciplines of Scripture reading and prayer to other creative approaches such as paying attention, making music, and having fun. With plenty of stories from real life and ideas to try, this book is personal and practical. Its flexible format is appropriate for personal use or in a group, every day or any time. Free downloadable study guide available here.

Fasting Lynne M. Baab 2009-09-20 "You're blessed when you've worked up a good appetite for God." Matthew 5:6 The Message We live in hungry times. Ours is a consumer culture, predisposed to quickly fill the cravings of body and mind. The idea of fasting--the voluntary denial of something for a specific time, for a spiritual purpose--sets us immediately on edge. But Lynne Baab makes the case that anyone can fast. 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 meaningful encounter with God. In Fasting you'll discover an ancient Christian practice that extends beyond giving up food to any regular activity in our contemporary lives. You'll see how taking a break from eating--or driving, or checking e-mail, or watching television--opens us up to discover new things about ourselves and God and the world around us. You'll see that while not everyone should forgo food, anyone can step out of routine to feed the soul. In a time of great spiritual hunger, God invites us all to a feast: fellowship with the Creator of the universe, where all our truest needs are identified and attended to.

Converge Bible Studies: Fasting Ashlee Alley 2014-08-19 Fasting has been called the forgotten spiritual discipline. Although it is found throughout Scripture, it is often neglected by modern Christians. Is there power in fasting? Does it really make a difference? How does fasting relate to prayer? In this study, Ashlee Alley considers the biblical basis for fasting and explores ways modern Christians can make this ancient discipline part of their faith walk. Converge Bible Studies is a series of topical Bible studies based on the Common English Bible. Each title in the series consists of four studies on a common topic or theme. Converge can be used by small groups, classes, or individuals. Primary Scripture passages are included for ease of study, as are questions designed to encourage both personal reflection and group conversation. The topics and Scriptures in Converge come together to transform readers' relationships with others, themselves, and God.

Abundant Simplicity Jan Johnson 2011-04-05 Which activities give you energy and connect you with God? Do you know what behaviors are life-draining for you, separating you from God? In this book Jan Johnson provides small experiments with simplicity as well as questions for discussion or reflection to help you discover the unhurried rhythms of grace.

Fast With Me Nanette Langston Meredith 2022-12-01 Fasting for Christ during the Great Lent season gives us as Christian believers the opportunity to come into closer communion with God. As we give up eating food altogether for long periods of time, we also learn that this sacrifice of love is symbolic of the greater purpose of giving up our sins, habits, and anything that would keep us from being better followers of Christ. This book is a practical Bible study manual that is designed to be either done by the individual privately with the Lord, or as a group Bible study. It teaches those interested in growing in faith how to successfully do a forty-day-long Lenten fast. All of the instructions, rules, and tools needed to learn how to fast for the Lord are provided in this study. There is a daily meditation guide for each of the forty days of the Great Lent fast, as well as a beautiful journey journal. There are recipes and a

sample meal plan as well to support those on this journey. Fasting is an ancient spiritual discipline that has been neglected in modern times, yet it holds such great spiritual power for believers to grow in their personal relationship with the risen Lord and celebrate their faith in a whole new way, everyday!

Fasting Hendrickson Publishers 2021-04-18 Develop the spiritual discipline of fasting with this 4-chapter Bible study guide. It can be used as a standalone Bible study guide for individuals and groups, or as a companion to the Everyday Matters Bible for Women. The articles, discussion questions, and leader guide help women delve deeper into these life enhancing practices.

Fast With Me Nanette Langston Meredith 2022-12-01 Fasting for Christ during the Great Lent season gives us as Christian believers the opportunity to come into closer communion with God. As we give up eating food altogether for long periods of time, we also learn that this sacrifice of love is symbolic of the greater purpose of giving up our sins, habits, and anything that would keep us from being better followers of Christ. This book is a practical Bible study manual that is designed to be either done by the individual privately with the Lord, or as a group Bible study. It teaches those interested in growing in faith how to successfully do a forty-day-long Lenten fast. All of the instructions, rules, and tools needed to learn how to fast for the Lord are provided in this study. There is a daily meditation guide for each of the forty days of the Great Lent fast, as well as a beautiful journey journal. There are recipes and a sample meal plan as well to support those on this journey. Fasting is an ancient spiritual discipline that has been neglected in modern times, yet it holds such great spiritual power for believers to grow in their personal relationship with the risen Lord and celebrate their faith in a whole new way, everyday!

Solitude & Silence Jan Johnson 2014-08-02 Does the fast pace of life in the twenty-first century make it difficult for you to find even a few moments of peace? Do you long to set aside time to be alone with God? Do you wonder how to best spend time in silence and solitude once you have it? What do you anticipate will be the results of creating "quiet time" in your daily routine? In this Bible study guide, Jan Johnson covers the disciplines of silence and solitude. Going deeper in these areas will lead you toward a more interactive relationship with God. You will learn how to hear God's voice and allow him to shape not only your times of quiet but also the rest of your daily routine.

Simplicity And Fasting Spiritual Disciplines Bible Studies ebook download or read online. In today digital age, eBooks have become a staple for both leisure and learning. The convenience of accessing Simplicity And Fasting Spiritual Disciplines Bible Studies and various genres has transformed the way we consume literature. Whether you are a voracious reader or a knowledge seeker, read Simplicity And Fasting Spiritual Disciplines Bible Studies or finding the best eBook that aligns with your interests and needs is crucial. This article delves into the art of finding the perfect eBook and explores the platforms and strategies to ensure an enriching reading experience.

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