



# Knowing God Through Fasting

By Elmer Towns

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## Knowing God Through Fasting By Elmer Towns

People fast for many reasons...to break an addiction...to seek God for healing...to discover the answer to a lingering problem. But the greatest reason to fast is to know God intimately and to feed on the Bread of Life.

The book in your hands is not an instruction manual on the methods of fasting or on how to pray. Rather, Dr. Elmer Towns describes the spirit of fasting that leads to an intimate knowing of Jesus Christ. He will show you that fasting is:

- *tasting the goodness of the Lord*
- waiting in God's presence to become like Him
- coming to Jesus to enjoy His presence
- drinking from God's presence to get spiritual satisfaction
- learning to discipline yourself even as Jesus did
- growing spiritually into the image of Jesus
- gaining spiritual perception of God's world
- entering God's rest as you know His heart

**Guaranteed to Create a Spiritual Hunger and Thirst Within Your Soul That Only God Can Satisfy.**

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### Editorial Review

#### About the Author

Elmer L. Towns is Vice President and Co-founder (with Jerry Falwell) of Liberty University, beloved professor and Sunday school teacher, and well-respected Christian leader. He is author of over 100 books, one of which received the Gold Medallion Award by the Evangelical Christian Publishing Association.

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