

HELPFUL RESOURCES

Books



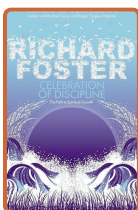
- **Fasting: The Ancient Practices by Scott McKnight**
 - Christianity has traditionally been at odds with the human body. At times in the history of the church, Christians have viewed the body and physical desires as the enemy. Now, Scot McKnight, best-selling author of *The Jesus Creed*, reconnects the spiritual and the physical in the ancient discipline of fasting.



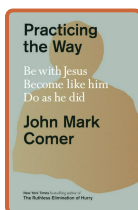
- **Spiritual Disciplines for the Christian Life by Donald S. Whitney**
 - We aren't meant to wait for holiness—we're meant to pursue it. God commands Christians to actively "be holy," but what does that look like in daily life? Rather than overwhelming legalism or loose boundaries, Don Whitney encourages us to find a practical middle ground through biblical habits.



- **God's Chosen Fast by Arthur Wallis**
 - Sometimes doubt, fear, and disappointment cause us to lose confidence in God. In this book, Dwayne E. Mercer helps readers see past disappointments through God's eyes and gain courage from biblical examples of faith. He provides tools for us to take faith-risks for God again, stepping out in courageous faith.



- **Celebration of Discipline by Richard**
 - The book explores the 'classic disciplines' of Christian faith: the inward disciplines of meditation, prayer, fasting, and study; the outward disciplines of simplicity, solitude, submission and service and the corporate disciplines of confession, worship, guidance and celebration.



- **Practicing the Way: Be with Jesus. Become like him. Do as he did.** by John Mark Comer
 - To live by what the first Christian disciples called a Rule of Life—a set of practices and relational rhythms that slow us down and open up space in our daily lives for God to do what only God can do—transforms the deepest parts of us to become like him. This introduction to spiritual formation is full of John Mark Comer's trademark mix of theological substance and cultural insight as well as practical wisdom on developing your own Rule of Life.
 - Fasting Practice

HELPFUL RESOURCES:
 FIND ACCOUNTABILITY WHILE FASTING FOR
 THE SAKE OF CLOSENESS WITH CHRIST

