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that God would bring revival to the Church and beyond. 2. Fast for Spiritual Freedom. To empty ourselves of things that compromise us in our life in God and God's life in us. To break strongholds of the physical appetites.

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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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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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