



The Daniel Fast for Spiritual Breakthrough (Paperback)

By Elmer L Towns

Baker Publishing Group, United States, 2010. Paperback. Condition: New. Reissue. Language: English . Brand New Book. Elmer Towns s Fasting for Spiritual Breakthrough has become must-reading 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 Daniel who participated in a partial fast for spiritual purposes. Daniel was taken captive into Babylon when he was sixteen years old. The Babylonian king wanted the young prophet to help him administer his rule over the captive Jews--and he wanted to Babylon-ize Daniel, to make the young man of God more like him. The first step the king took in his campaign was to provide a sumptuous feast to tempt Daniel--food fit for a king-- basically fattening comfort foods. In response, the prophet refrained from the king s table, choosing instead to eat only vegetables and to drink only water. He honored God over the king. Dr. Elmer Towns introduces readers to the spiritual, physical, and mental basics of the Daniel Fast, coaching them through...

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