



# Fasting for Spiritual Breakthrough

*Elmer L. Towns*

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# Fasting for Spiritual Breakthrough

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## **Fasting for Spiritual Breakthrough** Elmer L. Towns

The personal study guide leads individuals through the nine fasts described in Dr. Towns's bestselling book *Fasting for Spiritual Breakthrough*. By the use of questions, the reader is guided through the different purposes and elements of each type of fast. It is for every Christian who is seeking a deeper relationship with God, a strengthened faith, an understanding of the relationship with God, and an understanding of the discipline of fasting. This study can be used by individuals for personal study or as a test for small Bible study groups.

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