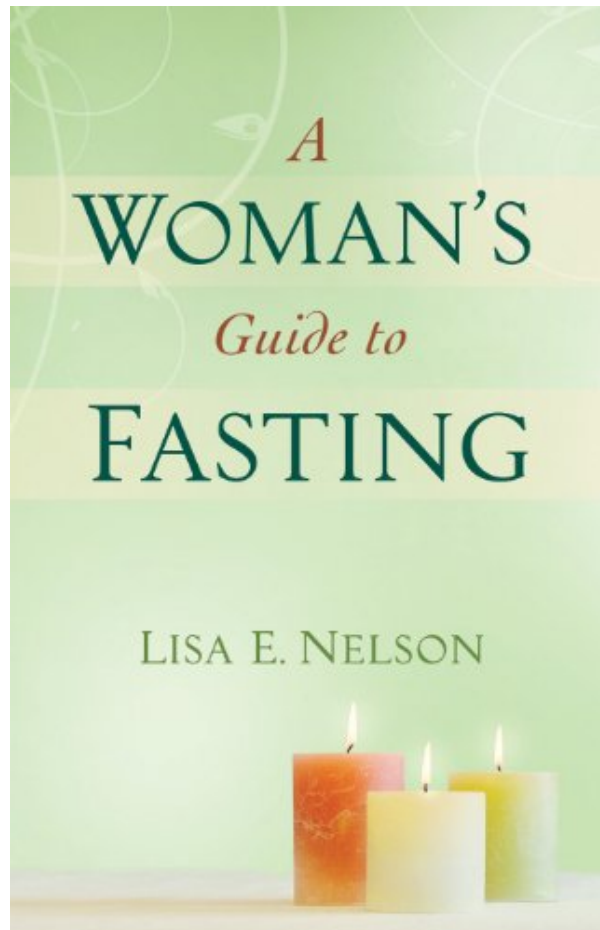
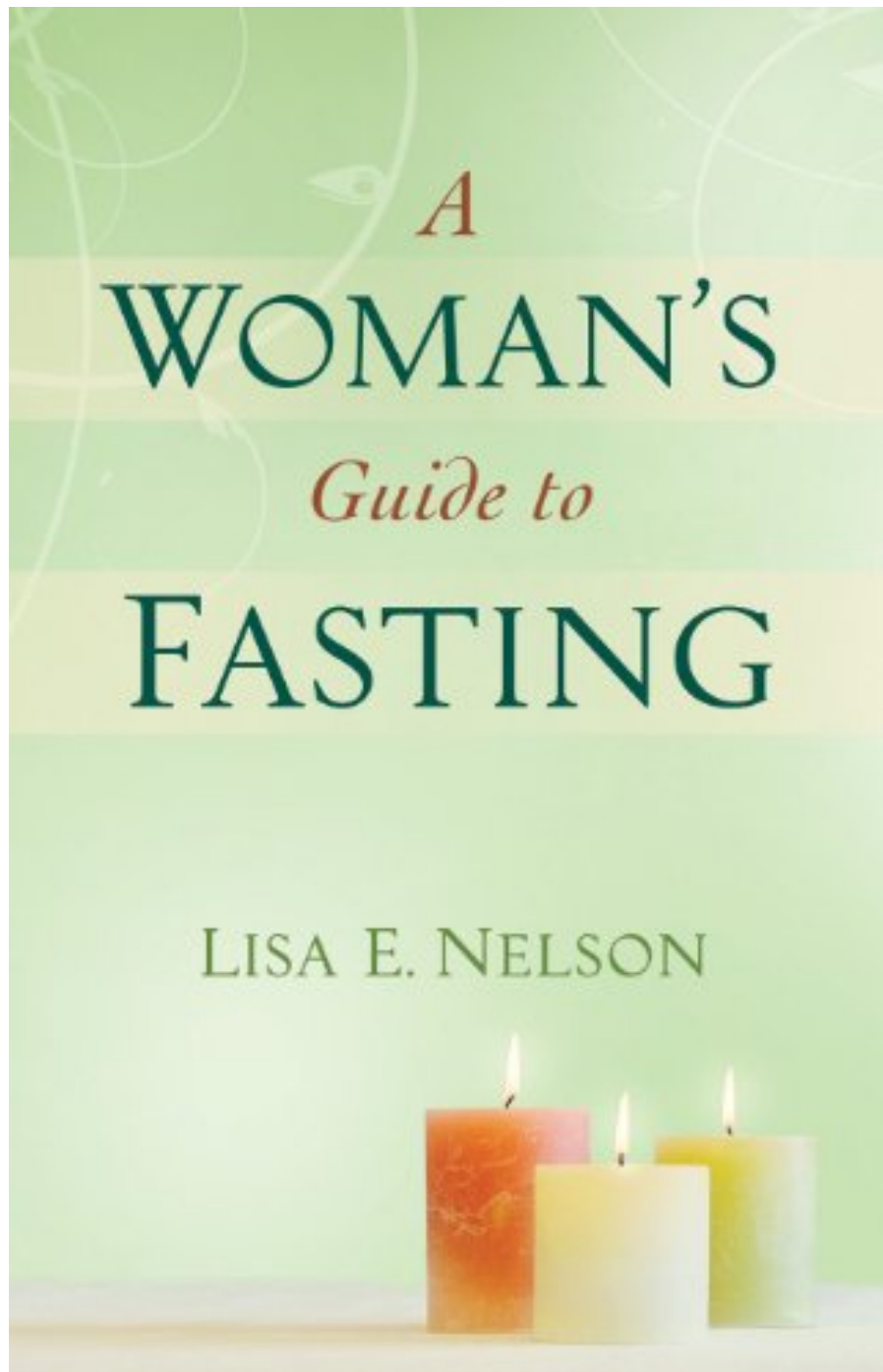


A WOMAN'S GUIDE TO FASTING BY LISA E. NELSON



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About the Author

Lisa E. Nelson has led retreats and workshops on fasting for several years. An active speaker and leader in Protestant Women of the Chapel, an international ministry to military spouses, she has worked as an attorney and university law teacher. Her husband, John, is a colonel in the United States Army. They have two children and live in Fairfax, Virginia.

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A WOMAN'S GUIDE TO FASTING BY LISA E. NELSON PDF

Christians often give up on fasting, or don't try it at all, because they lack thorough advice. Most fasting books explain the biblical reasons to fast, but they provide inadequate practical guidance. This concise book shows women the essential steps to successful fasting. Key topics include how to prepare physically and spiritually, what to expect during the fast, and how to reintroduce food. Whether the reader has never fasted before or has tried it occasionally, or wants to fast for one meal or for several days, this unique resource will equip and encourage her to grow closer to God through fasting.

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8 of 8 people found the following review helpful.

A Woman's Guide to Fasting

By C. M. Fruisen

Lisa E. Nelson's sweet relationship with the Lord is evident in every word she's written about fasting. This book taught me not only how to fast--from practical physical info right through the spiritual--it also taught me about God. Not the least bit legalistic but concerned with the heart, God calls believers to employ various disciplines, including fasting; when we answer the call, we cooperate with the work he's doing, transforming our eternal souls (from p. 12). A Woman's Guide to Fasting is a glimpse into the life of a woman well-connected to her Creator. I enjoyed every word. Although as a woman I'm glad to have this book for our gender, I almost wish the word "Woman" wasn't in the title so I could share it comfortably with my brothers in Christ as well. There are specific references for women throughout the book, but the general principles (well articulated) apply to everyone. A wonderful read for all believers, male & female alike. Am hoping for a similar guidebook for men!

~ c

8 of 8 people found the following review helpful.

I am so glad I read this book.

By C Wood

I expected to learn about fasting when I read this book. And it didn't disappoint. From its very practical and easy-to-follow advice, to its encouraging and motivating tone, "A Woman's Guide to Fasting" met my every hope. But, the benefits didn't stop there. I found this book to be about so much more than simply the spiritual discipline of fasting. It truly is about thirsting and hungering for God. If you long for deeper places in your

relationship with your Heavenly Father, this book is absolutely a must read.

5 of 5 people found the following review helpful.

A Wonderful Resource for Women

By Amazon Customer

"A Woman's Guide to Fasting" by Lisa E. Nelson is an invaluable tool that any woman can use when fasting, when planning a fast, or just when thinking that fasting might be something interesting to consider. The book started off a bit slow for me, with some of the author's stories at the very start of the book seeming a bit "out there" for me, spiritually speaking. However, as the book progressed, I began to understand more about the author's perspective, and appreciated so much that this book is specifically geared toward women, and the challenges and struggles that a woman can face when fasting.

The book is arranged in a sort of evolutionary way, from the very basic definitions of what fasting is and can be, to the why's of fasting, then on to preparing to fast, entering the fast (with sections based on the chosen length and type of fast), to getting through the fast, then onto ending the fast. Ms. Nelson even includes a section which I basically consider the "troubleshooting" of fasting, discussing what can potentially go wrong with a fast, how to remedy the issues, and even when it's necessary to end a fast early. I cannot think of a single aspect of fasting that this book does not cover.

The author's tone is loving, forgiving, welcoming, and friendly. It is an easy read, but full of excellent information. Ms. Nelson describes fasting as a form of worship, and the encouragement she provides in the pages of this book is truly invaluable. I'd recommend this book to any woman who has considered fasting. It's a wonderful resource.

Please note I received a complimentary copy of this book from Bethany House, in exchange for my honest review. I was not required to write a positive review. The opinions stated here are my own.

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