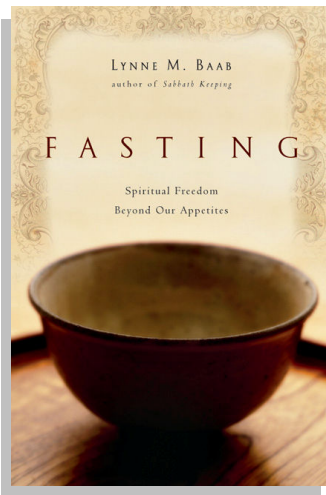


A FRESH LOOK
AT THE
ANCIENT
PRACTICE OF
FASTING



“It is easy in this world of fast food, fast living and fast spirituality to forget that we are holistic creations who need to cease from our striving and spend some time fasting from the things that keep us enslaved. Lynne Baab has created a book that can help us explore our appetites, discover the history behind ‘the fast,’ and learn how to abstain and seek God.”

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Stumbling Toward Faith

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“This slender volume packs a surprising amount of content. . . . This excellent resource will help novice Christians dip into the ancient practice of fasting and more seasoned practitioners become more creative and intentional in its observance.”

In *Fasting: Spiritual Freedom Beyond Our Appetites* Lynne Baab introduces you to an ancient Christian practice that extends beyond giving up food to any regular activity in our contemporary lives. She discusses fasting from food and from things like

- media
- entertainment
- shopping

Dozens of people who fast contribute their insights and practical suggestions. Baab presents fasting as a way to experience freedom from many of the pressures of our consumer-based, materialistic culture in order to draw near to God with joy and simplicity.

ABOUT THE AUTHOR

Lynne M. Baab (M.Div., Fuller Theological Seminary) is a Presbyterian minister based in Seattle, Washington, where she served as associate pastor of Bethany Presbyterian Church (1997-2004). Currently, she has left the active pastorate to pursue doctoral studies at the University of Washington. She has written *Embracing Midlife: Congregations as Support Systems* (Alban Institute, 1999), *A Renewed Spirituality: Finding Fresh Paths at Midlife* (InterVarsity Press, 2002), *Beating Burnout in Congregations* (Alban Institute, 2003) and *Sabbath Keeping* (InterVarsity Press, 2005).

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