



The Power of Prayer and Fasting: 21 Days That Can Change Your Life

By Marilyn Hickey

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Television host, widely traveled speaker, and communicator Marilyn Hickey reveals the surprising power and rich benefits of fasting in her 21-day program.

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Editorial Review

From Publishers Weekly

Fasting, argues Hickey, is an integral Christian discipline that has been neglected in our time—particularly in the Protestant tradition. An evangelist with her own television show and magazine, Hickey hews close to the Bible and writes for a broad Christian audience. She communicates in a simple, direct style that respects the reader's intelligence, using a balanced blend of biblical narratives, personal insights and practical how-to advice (including a recipe for "cleansing soup" and suggestions on how best to break a fast). The 21-day program referred to in the subtitle actually only occupies one chapter—it's a testimonial to the success that her church in Colorado had with this three-week time of focused renewal. The bulk of the text explores the meaning and purpose of fasting and prayer (fasting is a physical discipline, while praying is a spiritual discipline) and then turns to a series of 12 reasons to fast and pray (i.e., to overcome evil, attain wholeness or effect revival) complete with tips for preparing and conducting a successful fast in each of these areas.

Hickey's suggestions are concrete, but she urges individuals to fast only as they are led by the Spirit. It is an accessible and timely devotional for a materialistic and food-obsessed culture. (*Feb. 20*)

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About the Author

Marilyn Hickey lives in Colorado.

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