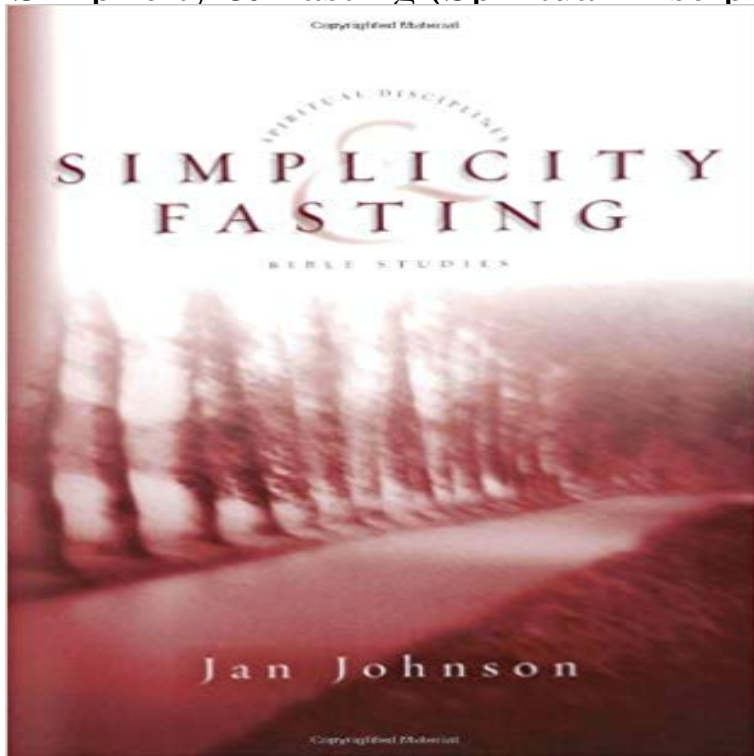


## Simplicity & Fasting (Spiritual Disciplines Bible Studies)



You may often hear it said?or maybe you say it yourself, Less is more. But what does it really mean? What would happen if you spent less?Or spoke less?What purpose is served by fasting?What can you gain by living a more simple life? In this study guide, Jan Johnson covers the disciplines of simplicity and fasting. Leading a simple life can help you focus on what is truly important. Fasting can help you learn to hunger for the things that really matter. Going deeper in these areas will help you live deliberately for God.

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