



# Fasting: The Ancient Practices

*Scot McKnight*

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“Fasting is the body talking what the spirit yearns, what the soul longs for, and what the mind knows to be true.”

— Scot McKnight

Christianity has traditionally been at odds with the human body. At times in the history of the church, Christians have viewed the body and physical desires as the enemy. Now, Scot McKnight, best-selling author of *The Jesus Creed*, reconnects the spiritual and the physical in the ancient discipline of fasting.

Inside You'll Find:

- In-depth biblical precedents for the practice of fasting;
- How to fast effectively—and safely;
- Different methods of fasting as practiced in the Bible;
- Straight talk on pitfalls, such as cheating and motivation.

Join McKnight as he explores the idea of “whole-body spirituality,” in which fasting plays a central role. This ancient practice, he says, doesn’t make sense to most of us until we have grasped the importance of the body for our spirituality, until we can view it as a spiritual response to a sacred moment. Fasting—simple, primitive, and ancient—still demonstrates a whole person’s earnest need and hunger for the presence of God, just as it has in the lives of God’s people throughout history.

### The Ancient Practices

There is a hunger in every human heart for connection, primitive and raw, to God. To satisfy it, many are beginning to explore traditional spiritual disciplines used for centuries . . . everything from fixed-hour prayer to fasting to sincere observance of the Sabbath. Compelling and readable, the Ancient Practices series is for every spiritual sojourner, for every Christian seeker who wants more.

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