



Fasting Resources

- *The late Bill Bright's personal guide to fasting and prayer:*
<http://www.ccci.org/growth/growing-closer-to-god/how-tofast/index.aspx>
- Lenten message from Pope Benedict XVI on the value and meaning of fasting:
http://www.vatican.va/holy_father/benedict_xvi/messages/lent/documents/hf_ben-xvi_mes_20081211_lent-2009_en.html
- Resources and tips regarding The Call's 40 Days of Prayer and Fasting:
<http://www.thecall.com/Group/Group.aspx?ID=1000039670>
- *The Spiritual Discipline of Fasting*, por Lance Witt, miembro de Saddleback Church: <http://cmol.wordpress.com/2007/09/25/the-spiritual-discipline-of-fasting/>