

A Christian and Fasting Life

**‘The bulwarks for the Walk of faith and keys to possibilities
and revelations’**

Without fasting and praying a Christian cannot go far in his or her walk with the Lord and cannot get breakthroughs in this Walk of faith. This book is therefore an eye-opener and one will learn the following:

- What fasting is all about
- The reasons for fasting
- The method of fasting
- The types of fasting
- The importance of fasting
- The length of a fast
- The right and wrong way of a fast



Brother Fredrick Geoffrey Omondi is a born again Christian aged 63 years, married and they have 4 children. He is a preacher and teacher of the word of God and holds Diploma in Biblical Studies from

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The highest form of prayer



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