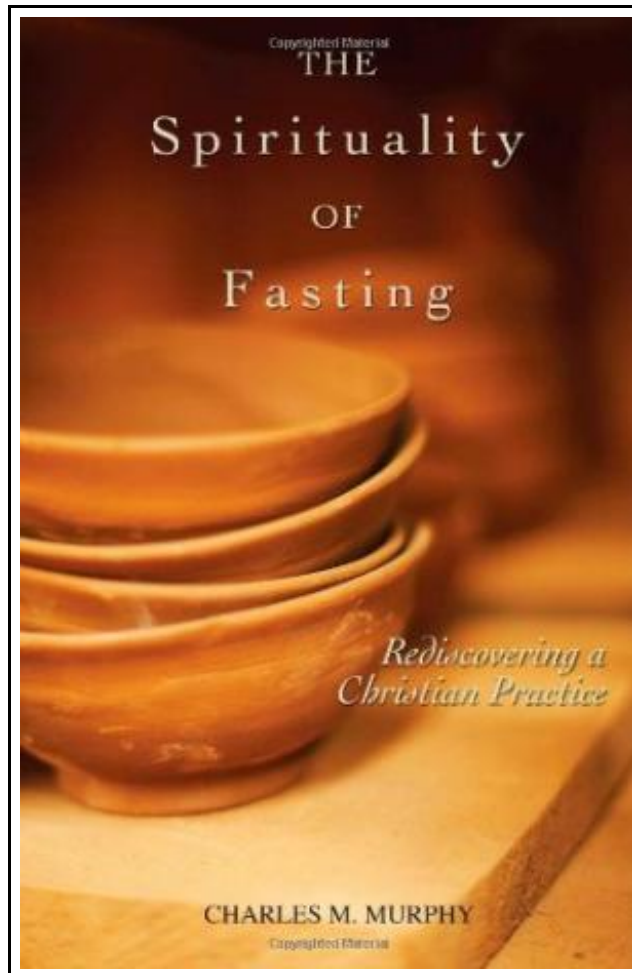


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THE SPIRITUALITY OF FASTING: REDISCOVERING A CHRISTIAN PRACTICE



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Ave Maria Press. Paperback. Book Condition: new. BRAND NEW, The Spirituality of Fasting: Rediscovering a Christian Practice, Charles M. Murphy, For his 2009 Lenten message, Pope Benedict XVI chose "the value and meaning of fasting" as the theme, observing that "this practice needs to be rediscovered and encouraged again in our day." In timely response, "The Spirituality of Fasting" draws on sources ancient and current--from Augustine to Michael Pollan--to consider anew how fasting informs the relationships between creator/creature, body/soul, and rich/poor. Murphy's extensive theological background, pastoral experience, and personal devotion to his topic come through, inspiring readers to explore what it means to be fully engaged in worship through fasting.



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