



# The Fasting Edge Journal: A Personal 21-Day Guide

*Jentezen Franklin*

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**NEW MESSAGE. NEW REVELATION. ALL NEW PRINCIPLES!**

**We all go through times when we feel that we are not living up to our full potential. So many circumstances in life deplete our energy, dull our spiritual sharpness, and cause us to lose our edge.** Recharge your spiritual energy as you reinforce your progress with this companion journal to *The Fasting Edge*. You will experience fasting in a whole new way when you...

- Record the insight and gifts you receive from God
- Monitor your inner attitudes
- Remain focused on the spiritual aspects of the fast
- Keep a memory of your journey forever

Your walk with God will take on a powerful new edge as you fast. As you use this twenty-one-day fasting and prayer journal, God will recover and restore your passion, dreams, and joy!

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