

4.2.2

Piper, John. *A Hunger for God: Desiring God Through Fasting and Prayer*. Wheaton, IL: Crossway Books, 1997.

This book stems from the basic life principle in the author's earlier book, *Desiring God*, which states "God is most glorified in us when we are most satisfied in Him." He fleshes this statement out in the context of fasting and prayer. Piper builds a case for fasting in the church from a biblical perspective as well as addresses many of the modern day concerns with this spiritual discipline. While food fasting is the most common way to fast, he shows the reader other ways that are biblically appropriate. It also includes an appendix with quotes on fasting going back as far as Ignatius at the end of the first century. Don't read this book unless you are prepared to be convicted and spurred on to growth in your walk with Christ.

Level: Medium

Theological Stance: Reformed Baptist; solidly evangelical

Rating: 9

Recommend? Yes