

Fasting & Feasting Resources

Practical Resources

[An Outline of the Christmas Fast](#)

[Preparing for a Peaceful Nativity](#)

[Low Carb and Lenten](#) - Mat. Melissa Naasko

[Fasting with Those Who Can't](#) - Mat. Melissa Naasko

Spiritual Resources

[God's Path to Sanity](#) - book by Dee Pennock