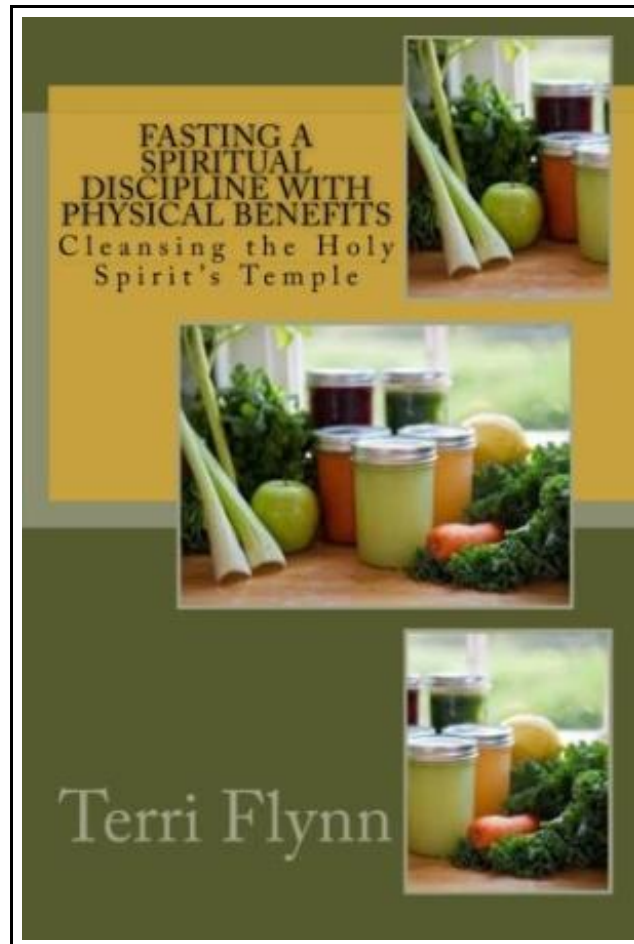


## Fasting a Spiritual Discipline with Physical Benefits: Cleansing the Holy Spirit s Temple



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