

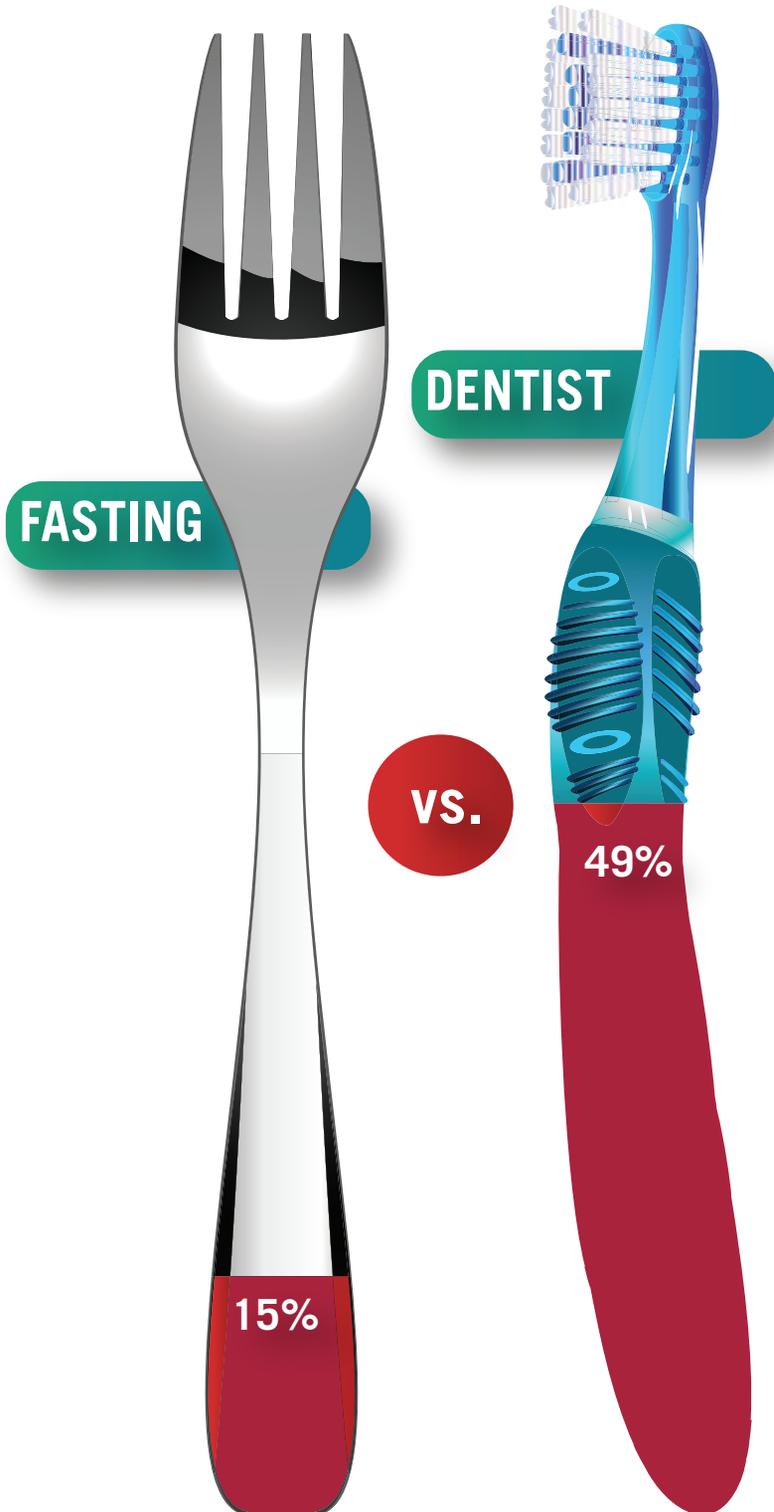


Transformational Discipleship

SPIRITUAL DISCIPLINES

Survey of 2,930 USA Protestant church goers

Fasting was defined as going without eating for a certain period of time in order to concentrate on prayer or meditation.



15% of churchgoers have fasted in the past 6 months

49% of Americans have visited the dentist in past 6 months