

# Dave's Blog

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Dave (1953-2022) and Kim Butts are the founders of Harvest Prayer Ministries. As long-time teachers on prayer and revival, Dave and Kim have published multiple books between them. They have written for multiple magazines and publications. Along with the abundance of articles on this website, categorized for your convenience, these blogs reflect Dave and Kim's thoughts, experiences, insights and teaching on prayer.



# Why Fasting Is Relevant for Today

by [Dave Butts](#)

Why Fasting Is Relevant for Today Perhaps no spiritual discipline today is as much misunderstood as fasting. Why to fast, how to fast, when to fast, how long to fast, what type of fast, SHOULD I fast...etc. In simplest terms, fasting means to abstain from food for a...

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