



What if you and your peers fasted comparison?  
What if your family fasted unforgiveness?  
What if your church fasted spectatorship?  
What if your generation fasted escapism?

**Such heart fasts could trigger a spiritual revolution.**

This is the pursuit of *40 Days of Decrease: A Different Kind of Fast. A Different Kind of Hunger.*

We ache to honor Jesus' resurrection meaningfully. Yet apart from Easter, this cornerstone of our faith is considered with something far less than *awe*. Enduring *awe* is rarely the fruit a morning's celebration. Enduring *awe* is the fruit of daily participation with Jesus, our resurrected Love.

I wrote *40 Days* as a community experience for life groups, organizations, families, and churches. Each day offers a meaningful consideration of Jesus' journey and then issues a challenging daily heart fast.

In a self-indulgent age such as ours, any fasting is to be commended. But instead of fasting carbs, social media, chocolate, and designer coffee, *40 Days* will call your community to fast apathy, injustice, resentment, hypocrisy, and more for the love of God.

You can use the book any time of year, and I think you will find it especially rich the 40 days prior to Easter because each day invites readers to walk with Jesus through the holy decrease that led Him cross-ward and beyond.

Though brief in length, each day offers seven components:

1. A short message from the gospels.
2. A substantial question for reflection.
3. A daily heart fast.
4. A rich inspiring quote.
5. An optional sidebar on the history of Lenten observance.
6. A suggested reading from John 12 to John 21.
7. Space for journaling.

So how can this tool be used? Through four simple steps:

1. Encourage your group to **get the book** and to **set aside 30 min. a day** Monday – Saturday for the experience.
2. **Download the free tools**—a 1 min. welcome video, 40 tweets, and 40 designed Instagram memes—from my website to invite and unify your community during the journey.
3. **Plan to interact** as a group online or in person to discuss how the *40 Days* in general, and the daily fasts in particular, are affecting your lives.
4. **Open the book** and prepare for change....

**As we thin our lives to thicken our communion with God!**

#40fasts

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