



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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