



40 Days of Decrease: A Different Kind of Hunger. A Different Kind of Fast.

By Alicia Britt Chole

Thomas Nelson Publishers, United States, 2016. Paperback. Book Condition: New. 213 x 139 mm. Language: English . Brand New Book. What if you fasted regret? What if your friends fasted comparison? What if your generation fasted escapism? What if your community fasted spectatorship? Such heart-fasts could trigger a spiritual revolution! Via readings, reflection questions, daily fasts, ancient quotes, and more, this is the dream of 40 Days of Decrease: A Different Kind of Hunger. A Different Kind of Fast. Every day offers a meaningful consideration of Jesus journey and then invites readers into a daily fast of heart-clutter, the stuff that sticks to our souls and weighs us down. You can begin your forty-day journey any time of the year, but you may find it especially meaningful as a Lenten preparation to live in awe of Jesus resurrection. Each daily, 1000-word entry will include * a devotional based on Jesus cross-ward life; * a reflection question to guide journaling or group discussion; * a heart fast to inspire a tangible response; * a thought-provoking Lenten quote; * an optional sidebar into the historical development of Lent. * a suggested reading that takes you from John 12 to John 21 *...

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