



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

Alicia Britt Chole

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“What are you giving up for Lent?” we are asked. Our minds begin to whirl: *Chocolate? Designer coffee? Social media?* Forty days later, some feel disappointed in their efforts (*it was a limited-time blend . . .*), some feel surprised by their success (*didn't even miss it . . .*), but perhaps precious few feel spiritually renewed.

Can such fasts alone truly prepare us to celebrate Easter? Or any other chosen time of reflection during the year?

Or could it be that before we can be duly awed by resurrection, we need to daily honor crucifixion?

40 Days of Decrease emphasizes a different type of fast. What if you or your church fasted *comparison*? What if your family fasted *accumulation*? What if your office fasted *gossip*?

40 Days of Decrease guides readers through a study of Jesus' uncommon and uncomfortable call to abandon the world's illusions, embrace His kingdom's reality, and journey cross-ward and beyond.

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 fast to inspire a tangible response;
- a thought-provoking Lenten quote;
- a sidebar into the historical development of Lent.

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Jeffrey Thibodeaux:

Now a day people who Living in the era wherever everything reachable by match the internet and the resources included can be true or not call for people to be aware of each information they get. How many people to be smart in acquiring any information nowadays? Of course the solution is reading a book. Reading a book can help individuals out of this uncertainty Information specially this 40 Days of Decrease: A Different Kind of Hunger. A Different Kind of Fast. book since this book offers you rich details and knowledge. Of course the information in this book hundred percent guarantees there is no doubt in it everbody knows.

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Katherine Velasquez:

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