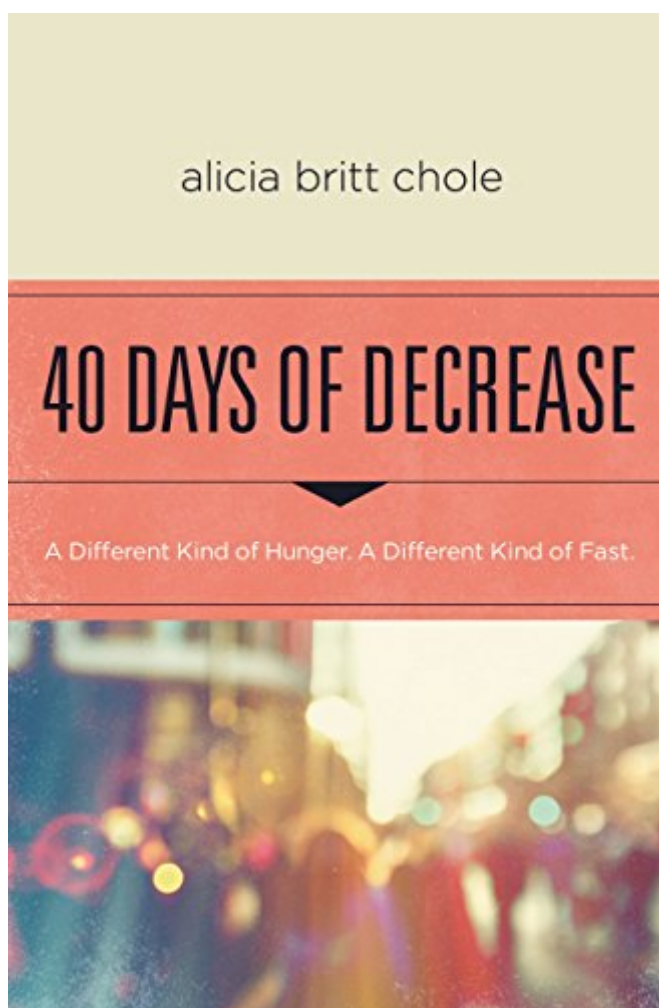


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# 40 Days Of Decrease: A Different Kind Of Hunger. A Different Kind Of Fast.



## Synopsis

“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? A comparison? What if your family fasted? An accumulation? What if your office fasted? A gossip? 40 Days of Decrease guides readers through a study of Jesus’s 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’s 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.

## Book Information

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## Customer Reviews

It's not often that I hear the word decrease and think, yep that is what I want (unless of course it is regarding my weight.) But this book makes me long for more of Him, Our Lord, and less of me. Decreasing the many things this world has tricked us into thinking are just normal everyday life and increasing Christ-like character in me. Alicia's words of encouragement can from a place of honesty and real life. Here is just an example of the teaching which ministered to my soul. "And in the midst of Jesus journey, He felt troubled. Clearly, then a troubled soul is not always the sign of a faith deficit. A troubled soul is sometimes the signature of obedience-in-the-making." (Alicia Britt Chole) Fasting is another of those concepts which does not have great appeal to me. But the fasts which Alicia challenges us with throughout this book has made the thought of fasting something I look forward to each day. Fasting: speeding past sorrow, isolation, discontentment, willful sin and withholding brought about change in my soul. I challenge you to read this book and not be changed. I am not sure how it could be done. I love the format of the book with the day's teachings, reflection and today's fast is so full of richness and challenge it caused me to sit with it and desire to know the truth of it more deeply. Alicia's sharing of the Biblical stories we have heard many times brought new insight and understanding. Leave that which you have known as decrease and fasting and join me in finding them anew with the Love of our Lord and His longing for us to know Him more in 40 Days of Decrease. "We know nothing of their backstories. But then, in many ways, backstories matter little once Jesus enters the room." whatever the cause of our physical and spiritual blindness, whatever family we do or do not have, whatever sines or success we count as our own, Jesus' presence makes this moment the most important moment of our lives. (Alicia Britt Chole )

What a find! Usually I always wait till I've finished a book completely before reviewing it, but I'm making an exception with 40 Days of Decrease, simply because some of you may be looking for a Lenten devotional, and there's still time to order this one. I love it, and I especially love the kindle version because I can write very personal notes in each section that only I can see. I started it a little early because I just couldn't wait to dig in, and the first three days have been amazing. Seldom has

a book taken me as deep into my own heart and mind, as this one. In just three days I can see changes already beginning in me, in my mind and heart, and in my behavior as well. I am not normally an observer of Lent in any way, but this book appealed to me so much that I decided to try it. I don't intend to quit reading it after Lent, though. I intend to make it a mainstay of my spiritual reading diet. Imagine! Choosing to fast regrets and pride and isolation and stinginess and appearances and criticism and escapism! So much more beneficial than fasting chocolate and coffee! And these are just a handful of the fasts; there is one for each of the 40 days. This one is a life-changer; no doubt about that. Thank you, Alicia Britt Chole.

So many of us crave authentic experiences with God. We struggle with forms, rituals and habits that are artificial, unsatisfying. Why? For me, sometimes it's because hints of real connections with God are a bit scary and I know that what's going to be asked of me may be uncomfortable, painful even. I long for real grace, but don't always have the courage to dive into it alone. In 40 Days of Decrease, Alicia Britt Chole offers to take us by the hand and accompany us into the depths of God's presence. She is gentle and nurturing, yet uncompromising in her determination to move herself and her readers toward God. What an invaluable gift!

It has become trendy to deny oneself a pleasure during Lent. No chocolate. No facebook. But do those denials really draw you closer to the cross? This book looks at the season of Lent and the habit of denial in a different light. It will challenge you. It will inspire you. If you let it, it will change you. Do not deny yourself a refreshing new season of Lent.

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