

# The 40 Day Soul Fast

Cindy Trimm

The 40 Day Soul Fast Cindy Trimm,2011-10-20 Get ready to experience the best 40 days of your life! The 40 Day Soul Fast: Your Journey To Authentic Living is an eight-week study of the life of the soul, the practice of fasting, and the process of living more authentically. It is a transformational expedition that will lead you on an inward journey to greater health, happiness, and success as you learn to live from the inside out—as we are told by Jesus in the book of Matthew: “Ignite the kingdom life within you, a fire within you . . . changing you from the inside out . . . make a clean sweep of your lives” (Matthew 3:11). When all is well with the souls of humanity, all will be well in the world. When you have peace in your soul, you will bring that peace to bear on the world around you—you will become the change you are hoping to see. Churches, organizations, small groups, and families are encouraged to travel together on this 40-day journey to greater mental, emotional, and spiritual health. If everyone who picks up this book takes it upon him or herself to encourage others to participate, we would create an unstoppable movement! You may think that one healed soul cannot heal the world, but it can.Join the Soul Fast Movement by going to [www.soulfast.com](http://www.soulfast.com). There you will find soul-empowering resources and tools to not only transform your life, but the world! The 40 Day Soul Fast promises to bring the best out of you so that you can impact your world for good. Have the courage to follow your heart! Step out and engage with your authentic self—it will be the best 40 days of your life!

*The 40 Day Soul Fast Study Guide* Cindy Trimm,2012-12-18 Get ready to experience the best 40 days of your life! The 40 Day Soul Fast Participant’s Guide: Your Journey To Authentic Living is an eight-week study of the life of the soul, the practice of fasting, and the process of living more authentically. It includes a 40-day workbook, plus weekly DVD viewing guide. Churches, organizations, small groups, and families are encouraged to travel together on this 40-day journey to greater mental, emotional, and spiritual health. It is a transformational expedition that will lead you on an inward journey to greater health, happiness, and success as you learn to live from the inside out. If everyone who picks up this book takes it upon him or herself to encourage others to participate, we would create an unstoppable movement! You may think that one healed soul cannot heal the world, but it can.

**40 Days to Discovering the Real You** Cindy Trimm,2011-10-20 Get ready to experience the best 40 days of your life! 40 Days to Discovering the Real You: Learning to Live Authentically is an eight-week study of the life of the soul, the practice of fasting, and the process of living more authentically. It is a transformational expedition that will lead you on an inward journey to greater health, happiness, and success as you learn to live from the inside out—as we are told by Jesus in the book of Matthew: “Ignite the kingdom life within you, a fire within you . . . changing you from the inside out . . . make a clean sweep of your lives” (Matthew 3:11). When all is well with the souls of humanity, all will be well in the world. When you have peace in your soul, you will bring that peace to bear on the world around you—you will become the change you are hoping to see. Churches, organizations, small groups, and families are encouraged to travel together on this 40-day journey to greater mental, emotional, and spiritual health. If everyone who picks up this book takes it upon him or herself to encourage others to participate, we would create an unstoppable movement! You may think that one healed soul cannot heal the world, but it can.Join the Soul Fast Movement by going to [www.soulfast.com](http://www.soulfast.com). There you will find soul-empowering resources and tools to not only transform your life, but the world! 40 Days to Discovering the Real You promises to bring the best out of you so that you can impact your world for good. Have the courage to follow your heart! Step out and engage with your authentic self—it will be the best 40 days of your life!

The 40 Day Soul Fast Leader's Guide Cindy Trimm,2012-12-18 Get ready to Experience the best 40 days of your life! \*\*Ebook version does not include DVD\*\* The 40 Day Soul Fast Leader’s Guide: Your Journey To Authentic Living is an eight-week study of the life of the soul, the practice of fasting, and the process of living more authentically. It includes 8 weekly teachings on DVD, leader’s guidelines, & additional resources for establishing & facilitating groups. Churches, organizations, small groups, and families are encouraged to travel together on this 40-day journey to greater mental, emotional, and spiritual health. It is a transformational expedition that will lead you on an inward journey to greater health, happiness, and success as you learn to live from the inside out. If everyone who picks up this book takes it upon him or herself to encourage others to participate, we would create an unstoppable movement! You may think that one healed soul cannot heal the world, but it can.

**40 Day Mind Fast Soul Feast** Michael Bernard Beckwith,2011-11 Numbers held great significance to the ancients, and the number 40 is constant in a variety of spiritual traditions. With 40 Day Mind Fast Soul Feast, you may begin your own 40 day transformational, mystical journey with a wise, experienced guide who has walked the terrain for 30 years as a practitioner and teacher of meditation, affirmative prayer and the Life Visioning Process.

*The 40 Day Soul Fast Leader's Guide* Cindy Trimm,2016-03-15 Get Ready to Experience the Best 40 Days of Your LifeThe 40 Day Soul Fast Leader's Guide features an eight-session study on the life of the soul, the practice of fasting, and the process of living more authentically. Churches, organizations, small groups and families are encouraged to travel to...

**The Prosperous Soul** Dr. Cindy Trimm,2015-03-01 Learn How to Prosper in Every Area of Your Life!I came so they can have real and eternal life,more and better life than they ever dreamed of.—Jesus Prosperity begins from within. You were created to enjoy prosperity on every level— from a rich spiritual and intellectual life, to a richness in your relationships and professional pursuits! The problem is that prosperity has often been reduced to a single measure: A dollar amount. Truth is, financial abundance is just one expression of what it means to live a rich life. Bestselling author and life empowerment specialist, Dr. Cindy Trimm, makes it clear that the abundant life described by Jesus is not only for everyone, but is available at any time. Abundance is a choice! The secret lies within your soul. Get ready to... Make daily choices that position you to fulfill your dreams Embrace prosperity in every area of your life: Spiritually, mentally, physically, relationally, vocationally, and financially. Discover the 40 key practices for living your most prosperous life A prosperous soul is your all-access pass to living a rich life. As your soul prospers,every area of your life will follow suit. Why wait? Start prospering today!

**The Daniel Fast** Susan Gregory,2011-03-04 Are you hungry for more of God in your life? Discover why millions of men and women throughout the world are rediscovering the ancient discipline of fasting--and, as a result, are encountering God in amazing ways. In this authoritative guide, Susan Gregory, 'The Daniel Fast Blogger' and an acknowledge expert on the popular partial fast inspired by the biblical book of Daniel, guides readers toward a successful fasting experience--Cover, p. 4.

**The 40-Day Social Media Fast** Wendy Speake,2020-11-03 Are you addicted to your phone? Do you find yourself engaging online but unengaged at home with the people right in front of you? Do you spend hours scrolling through Facebook, Instagram, newsfeeds, and YouTube videos? Have your devices become divisive--dividing you from family and friends and, most importantly, God? What would happen if you took some time to fast from social media in order to get social with God and others once more? In the pattern of her popular 40-Day Sugar Fast, Wendy Speake offers you The 40-Day Social Media Fast. This screen sabbatical is designed to help you become fully conscious of your dependence on social media so you can purposefully unplug from screens and plug into real life with the help of a very real God. Take a break from everyone and everything you follow online. Disconnect in order to reconnect with the only One who said follow me.

**The 40-Day Sugar Fast** Wendy Speake,2019-11-05 What would you be willing to give up to experience the presence of God in your life again? Many of us sign up for a physical detox program, thinking that if our bodies are healthier, then we're healthier. But a healthy body doesn't do us a lot of good if we are spiritually malnourished. Welcome to the 40-Day Sugar Fast, a fast that begins with us giving Jesus our sugar and ends with Jesus giving us more of himself--the only thing that can ever truly satisfy our soul's deep hunger. On this 40-day journey you'll learn how to stop fixating on food and other things you use to fill the voids in life and instead fix your eyes on Christ. Anyone who runs to sugar for comfort or a reward, who eats mindlessly or out of boredom, who feels physically and spiritually lethargic, or who struggles with self-control will discover here not only freedom from their cravings but an entirely new appetite for the good things God has for us.

**40 Days of Decrease** Alicia Britt Chole,2016-01-05 What if you fasted regret? What if your friends fasted comparison? What if your generation fasted escapism? What if your community fasted spectatorship? Trigger a spiritual revolution with this daily devotional for Lent. Decrease life's unnecessary details and increase your relationship with the Lord so you can live in awe of Christ's resurrection! 40 Days of Decrease is a guide for

those hungering for a fresh Lenten/Easter experience. Dr. Alicia Britt Chole guides you through a study of Jesus' uncommon and uncomfortable call to abandon the world's illusions, embrace His kingdom's realities, and journey cross-ward and beyond. Containing readings, reflection questions, daily fasts, ancient quotes, and more, each day offers a meaningful consideration of Jesus' journey and then invites you into a daily fast of heart-clutter—the stuff that sticks to your soul and weighs you 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 includes a: Devotion based on Jesus' life Reflection question to guide journaling or group discussion Heart fast to inspire a tangible response Thought-provoking Lenten quote Optional sidebar into the historical development of Lent Suggested reading that takes you from John 12 to John 21 Journaling space for reflection In the same way self cannot satisfy self no matter how long it feasts, self cannot starve self no matter how long it fasts. Decrease—like increase—is only holy when its destination is love. Dare to live awed by Christ's resurrection!

**Eat, Fast, Feast** Jay W. Richards, 2020-01-07 The New York Times bestselling author and senior fellow at the Discovery Institute blends science and religion in this thoughtful guide that teaches modern believers how to use the leading wellness trend today—intermittent fasting—as a means of spiritual awakening, adopting the traditions our Christians ancestors practiced for centuries into daily life. Wellness minded people today are increasingly turning to intermittent fasting to bolster their health. But we aren't the first people to abstain from eating for a purpose. This routine was a common part of our spiritual ancestors' lives for 1,500 years. Jay Richards argues that Christians should recover the fasting lifestyle, not only to improve our bodies, but to bolster our spiritual health as well. In *Eat, Fast, Feast*, he combines forgotten spiritual wisdom on fasting and feasting with the burgeoning literature on ketogenic diets and fasting for improved physical and mental health. Based on his popular series "Fasting, Body and Soul" in *The Stream*, *Eat, Fast, Feast* explores what it means to substitute our hunger for God for our hunger for food, and what both modern science and the ancient monastics can teach us about this practice. Richards argues that our modern diet—heavy in sugar and refined carbohydrates—locks us into a metabolic trap that makes fasting unfruitful and our feasts devoid of meaning. The good news, he reveals, is that we are beginning to resist the tyranny of processed foods, with millions of people pursuing low carb, ketogenic, paleo, and primal diets. This growing body of experts argue that eating natural fat and fasting is not only safe, but far better than how we eat today. Richards provides a 40-day plan which combines a long-term "nutritional ketosis" with spiritual disciplines. The plan can be used any time of the year or be adapted to a penitential season on the Christian calendar, such as Advent or Lent. Synthesizing recent science with ancient wisdom, *Eat, Fast, Feast* brings together the physical, mental, and spiritual benefits of intermittent fasting to help Christians improve their lives and their health, and bring them closer to God.

**Reclaim Your Soul** Cindy Trimm, 2014-03-18 Take back your personal power! Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 1:2 NKJV) Have you ever wondered... If everyone wants to succeed, why do so few people become successful? Can certain relationship patterns prevent me from stepping into my destiny? Are there habits or behaviors in my life that keep me from fulfilling my purpose? Develop the skills you need to succeed in life! While *The 40 Day Soul Fast* focused on the 40 characteristics of an authentic person, now bestselling author and empowerment specialist, Dr. Cindy Trimm delivers her follow-up—*Reclaim Your Soul*, which focuses on the 40 behaviors of a resilient person. Learn how to: • Identify destructive relationships in your life and break free from their harmful impact • Avoid unhealthy emotional attachments and shield your soul from possible damage • Unlock your potential and refuse to settle for anything or anyone that pulls you away from fulfilling your purpose Successful people are resilient people. The key to resiliency is learning how to reclaim your soul each and every day!

*The Soul Fast Workbook: A 40 Day Fast to Eliminate Toxic Thoughts & Emotions That Eat Away at Your Happiness & Undermine Your Success* Cassandra Mack, 2017-08-11 Have you ever noticed that when you're bogged down with negative thoughts and intensely overwhelming emotions that it's difficult to enjoy your life and focus on the things that matter most to you? Everything that we take in mentally, emotionally and spiritually has a profound effect on our happiness and success. From the things that we see on television and social media, to the conversations we entertain, the pain that we've been through, the resentment that we hold on to, as well as the thoughts that run rampant in our minds throughout the course of the day. You may not realize it, but when your mind is overwrought with negative thoughts and counterproductive self-talk or you're weighed down in your spirit with toxic emotional baggage, it's difficult to feel successful and fully enjoy your life. This is why, it is extremely vital that every now and then, that you do a Master Cleanse for your heart and mind. When our hearts and minds are congested with psychological toxins and spiritual debris; it impacts our ability to enjoy the fullness of life. From self-limiting beliefs, to toxic relationships to dysfunctional mindsets rooted in childhood wounds to choosing choices that undermine your success, when your soul is saturated with self-doubt, self-defeatist thinking, resentment and depression you don't experience life to the fullest because you are not operating from your God given spirit of power, love and soundness of mind (2 Timothy 1:7). And whenever we operate from the realm of heaviness, brokenness and overwhelm, rather than our authenticity and inner power, we cannot show up for life as our best and brightest selves. This is why it's vital, to not just detox our bodies, but more importantly to detox our hearts and our minds. And this is the point of a Soul Fast. *The Soul Fast Workbook*, is a 40-day personal journey into the care and well-being of your soul. This workbook, will equip you with powerful tools that will empower you to renew your mind, take good care of your soul and replenish your spirit. Grounded in Bible-based principles, *The Soul Fast Workbook* will show you exactly how to detox from toxic mindsets, beliefs, emotions and decision-making processes that: undermine your happiness, eat away at your peace, chip away at your self-esteem and sabotage your success. The hard, cold truth about negativity is this: the more we allow our hearts and minds to become saturated with counterproductive beliefs, mindsets, attitude and emotions, be it our own self-defeatist inner dialogue or the drama and dysfunction that other people try to bring into our world; the more we become weighed down by emotional baggage that is too heavy to carry and that adversely affects how we show up for life. And believe it or not, we carry this toxic energy or spirit of heaviness wherever we go; because whatever we're carrying on the inside is eventually birthed out through our conversations, interactions and choices. But the good news is, you don't have to be weighed down with thoughts and emotions that do not serve you well. You can heal the broken places in your soul like: broken self-esteem, a broken self-concept, broken courage, broken focus, broken faith, broken goals and dreams and even a broken heart. Do you want a soul that is healthy and whole? Then let, *The Soul Fast Workbook* guide you through a proven process that will help you begin to build a resilient thought life and restore the broken places in your soul. *The Soul Fast Workbook* paperback version, comes with Bonus Pages of Inspirational Writings and Suggested Steps To Start Your Own Soul Fast Group

*The Ultimate Guide to the Daniel Fast* Kristen Feola, 2010-12-21 With 21 devotionals and 100+ recipes, this book is your ultimate plan of action and toolbox as you commit to the Daniel Fast. You'll not only embrace healthier eating habits, you'll also discover a greater awareness of God's presence. Divided into three parts--fast, focus, and food--this book is your inspirational resource for pursuing a more intimate relationship with God as you eliminate certain foods such as sugars, processed ingredients, and solid fats from your diet for 21 days. Author Kristen Feola explains the Daniel Fast in easy-to-understand language, provides thought-provoking devotions for each day of the fast, and shares more than 100 tasty, easy-to-make recipes that follow fasting guidelines. In a conversational style, Feola helps you structure the fast so you can spend less time thinking about what to eat and more time focusing on God. As Feola writes, When you want ideas on what to cook for dinner, you can quickly and easily find a recipe. When you feel weary, you can be refreshed through Bible verses and devotions. When you are struggling with staying committed, you can refer to the information and tools in this book to motivate you.

**Hold Fast** Blue Balliett, 2013-03-01 From NYT bestselling author Blue Balliett, the story of a girl who falls into Chicago's shelter system, and from there must solve the mystery of her father's strange disappearance. Where is Early's father? He's not the kind of father who would disappear. But he's gone . . . and he's left a whole lot of trouble behind. As danger closes in, Early, her mom, and her brother have to flee their apartment. With nowhere else to go, they are forced to move into a city shelter. Once there, Early starts asking questions and looking for answers. Because her father hasn't disappeared without a trace. There are patterns and rhythms to what's happened, and Early might be the only one who can use them to track him down and make her way out of a very tough place. With her signature, singular love of language and sense of mystery, Blue Balliett weaves a story that takes readers from the cold, snowy Chicago streets to the darkest corner of the public library, on an unforgettable hunt for deep truths and a reunited family.

*40 Days to Reclaiming Your Soul* Cindy Trimm,2014-03-18 Take back your life in 40 Days! Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 2) Activate the skills you need to succeed and take back your life! This companion devotional to Reclaim Your Soul from Dr. Cindy Trimm will lead you on an interactive 40-day journey to becoming a resilient person. Over the next 40 days, you will... Identify destructive relationships in your life and break free from their harmful impact Avoid unhealthy emotional attachments and shield your soul from possible damage Unlock your potential and refuse to settle for anything or anyone that pulls you away from fulfilling your purpose Successful people are resilient people. Get ready to practice 40 disciplines that will lead you into a more resilient life where success and freedom become your new normal!

**40 Day Soul Fast Guided Transformation Journal** Dr. Cindy Trimm,2023-12-05 InvalidTag charset=utf-8 Radically Transform Your Life in 40 Days! Have you tried again and again to change something in your life for the better—and failed? Maybe it was trying to stop a bad habit or make healthier choices or refusing to let others dictate your self-worth. If you've tried—and failed—you're not alone. Dr. Cindy Trimm, an internationally sought-after empowerment specialist and transformational leader, has helped millions around the world end this futile cycle and become their most authentic selves. And, in this guided journal, she offers you the tools to do the same. Building on the principles and insights of her bestselling book, Dr. Trimm comes alongside you as your personal transformation coach, helping you let go of everything that tries to prevent you from becoming your God-designed, authentic self. Over 40 days, you will discover a new way to fast—one full of healthy doses of Scripture, inspiring encouragement, and real-world application that will: Teach you how to detox from the weights, hindrances, and challenges that hold you back. Open doors to new depths of mental and emotional wholeness. Bring you into a lifestyle of total health—spirit, soul, and body. Help you seize the joy of life. Stop wasting your energy on striving and failing. Here is everything you need to transform your life from the inside out—and experience joy and wholeness in every area of your life.

**Commanding Your Morning** Cindy Trimm,2010-09-24 Your Words Have Power DIVIf you want your life to change, it all starts with what you think and say. In her authoritative, declarative style, Cindy Trimm helps you achieve victory over your circumstances through spoken declarations that activate God’s power.You will put meaning and purpose back into your life when you positively direct your thoughts, words, and actions toward the realization of your goals. Begin each day by commanding your morning. As you do, know that whatever begins with God and His principles, has to end right./div

The 40-Day Fast Journal Wendy Speake,2020-12-01 There's something special about the number 40, and there's something special about fasting. Put the two together and you have the opportunity to develop not only a physical hunger but a spiritual hunger! Whether you're fasting from sugar, social media, shopping, or something else, this resource will help you stay focused on the transforming work of Christ in your life through guided journaling.

Unveiling the Magic of Words: A Review of "**The 40 Day Soul Fast**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**The 40 Day Soul Fast**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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**The 40 Day Soul Fast Introduction**

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## FAQs About The 40 Day Soul Fast Books

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