



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

## 40 Quotes

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1

"Faith, in general, is less about the sacrifice of stuff and more about the surrender of our souls." 40fasts.com #40fasts @aliciachole

"Lent is less about well-mannered denials & more about thinning our lives to thicken our communion with God." #40fasts @aliciachole

2

"Carefully considering the disciples' disillusionment enables us to process our own." 40fasts.com #40fasts @aliciachole

3

"By willingly decreasing, John the Baptist increased others' view of the Savior." 40fasts.com #40fasts @aliciachole

4

"Have Jesus' words or ways ever caused tremors of uncertainty in your soul?" 40fasts.com #40fasts @aliciachole

5

"We weaken—not strengthen—our faith when we silence sincere questions." 40fasts.com #40fasts @aliciachole

"Faith in Christ is not an airy substance that rests on unquestioning souls." 40fasts.com #40fasts @aliciachole

"Biblical faith is muscular, thickened more through trials than ease." @aliciachole 40fasts.com #40fasts @aliciachole

6

"With Jesus, sit with your sorrow and let loss do its eternal work in your soul." 40fasts.com #40fasts @aliciachole

7

"Revelations are often followed by trials. Perhaps they are preparation for them." 40fasts.com #40fasts @aliciachole

8

"Tomorrow's needs & storms cannot void the reality of today's miracles." 40fasts.com #40fasts @aliciachole

9

"Our lack of understanding cannot sabotage the power or the purpose of His voice."  
40fasts.com #40fasts @aliciachole

10

"To dance when we do not know the steps requires us to value our Partner above our performance." 40fasts.com #40fasts @aliciachole

11

"What we do with our final breaths reflects the values we hold dear in life." 40fasts.com #40fasts @aliciachole

12

"Though following Jesus is most often an individual act of faith, that act always has communal repercussions." #40fasts @aliciachole

13

"If you had only six days to live, how, and with whom, would you live them?" 40fasts.com #40fasts @aliciachole

14

"When Jesus is clearly at the center of, throw hyper-caution to the wind, and celebrate Jesus with abandon." #40fasts @aliciachole

15

"Jesus' love did not shrink back even when His love would ultimately be rejected." 40fasts.com #40fasts @aliciachole

16

"It is never weakness to grieve where God is grieving." 40fasts.com #40fasts @aliciachole

"Ask God where He is grieving and join Him there." 40fasts.com #40fasts @aliciachole

17

"Ask God what He wants us to do with your anger over injustice. Odds are, He probably feels angry too." 40fasts.com #40fasts @aliciachole

18

"Worshipful words without a worship-filled heart are, in Jesus' words, 'vain.'" 40fasts.com #40fasts @aliciachole

19

"Jesus did not ask the leaders for polite acquiescence or polished theology. He simply asked them to be true." #40fasts @aliciachole

20

"Mercy is inherent within Jesus' rebukes because to hear them is to still have breath to repentance." 40fasts.com #40fasts @aliciachole

21

"A troubled soul is sometimes the signature of obedience-in-the-making." 40fasts.com #40fasts @aliciachole

22

"Ask God to reveal to you the power this world's sounds have in your life." 40fasts.com #40fasts @aliciachole

23

"What would it take, what would it mean, for you to wash two betrayers and ten deserters' feet?" 40fasts.com #40fasts @aliciachole

"With every pat of the towel, Jesus was saying, 'I forgive you in advance for your upcoming epic fail.'" 40fasts.com #40fasts @aliciachole

24

"However, love needs time to grow before it has the strength to go wherever the Beloved beckons." 40fasts.com #40fasts @aliciachole

25

"Jesus believed there was no other way to the Father for us. Sharing Jesus' certainty honors Jesus' sacrifice." #40fasts @aliciachole

26

"Jesus did in the garden what His disciples could not: He watched & prayed His way cross-ward." 40fasts.com #40fasts @aliciachole

27

"Jesus & Judas's final interaction ended with name-calling. Judas called Jesus Rabbi. Jesus called Judas friend." #40fasts @aliciachole

28

"The church is exhausted by the dizzying notion that God-given power should be exercised in every God-given-moment." #40fasts @aliciachole

29

"Jesus was certain that His future did not rest in the frail, fickle, fragile hands of human favor." 40fasts.com #40fasts @aliciachole

30

"Peter's illusion was not that he loved Jesus, but that he loved Jesus more than he loved his own life." 40fasts.com #40fasts @aliciachole

31

"We spend relatively little time considering the all- too-real suffering of our Savior." 40fasts.com #40fasts @aliciachole

32

"Jesus' blood was shed at every point of rejection: in Caiaphas's house, Pilate's palace, & every point in between." #40fasts @aliciachole

33

"Our jewelry-studded crosses do not prepare us to see Jesus in Golgotha." 40fasts.com #40fasts @aliciachole

34

"Who would you surround yourself with if you had six hours to live?" 40fasts.com #40fasts @aliciachole

35

"Even Jesus' dying moments defined Him well. With His "It is finished," Jesus entered triumphantly into death." #40fasts @aliciachole

36

"In order for love of God to keep growing, restrictive layers of self-protection must be discarded." 40fasts.com #40fasts @aliciachole

37

"Today, go 'outside the camp' with Jesus. Mourn over those who still reject Him today." 40fasts.com #40fasts @aliciachole

38

"Today we speed-read through the darkest days of the disciples' lives. If we slow down there is much to learn." #40fasts @aliciachole

39

"Jesus died to forgive you. Follow His example and forgive yourself." 40fasts.com #40fasts @aliciachole

40

"How must Jesus feel when the smog of self thins enough for us to realize that all He does, He does for love?" #40fasts @aliciachole

*The numbers 1-40 correlate with each day's reading. You do not need to include the number when you share the quote.*