



The 40 Day Soul Fast: Your Journey to Authentic Living

Cindy Trimm , T.D. Jakes (Foreword)

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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.

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: Your Journey to Authentic Living Details

Date : Published October 20th 2011 by Destiny Image

ISBN : 9780768488722

Author : Cindy Trimm , T.D. Jakes (Foreword)

Format : Kindle Edition 224 pages

Genre : Spirituality, Christian, Christian Living



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From Reader Review The 40 Day Soul Fast: Your Journey to Authentic Living for online ebook

Bridgett says

Loved this book because it is a reflection of God's desire to pull us from the noise of the world and hear His voice; #blessJesus

Iris Peterson says

This book is a "must read" for anyone who desires to be REAL.

Linda Walters says

Its a study book. Its a 8 Week Journey, to remove toxins in our soul, to heal. Its not just something you read; but its meant to involve you. Your interaction is part of the process. Part of the Soul Fast discipline is not allowing everyday distractions to deter you from cultivating the inner life of your soul.

Many of these things some of us already know. But are we taking the time to do it? For some this will be new ideas for others a renewal or going deeper. There is scripture as part of the process, which I liked.

I really like to listen to Cindy Trimm, on TV or the internet but I am finding reading her book just a bit drier, a little more difficult to get into. I have picked up this book several times before and never got to far. But then again, maybe I just haven't been ready for it. There is a time for these things, you know. I did find that she did have some good questions for the person to ask themselves about Who they are? What do you Like? Where will what you are doing take you? Those kind of inner questions.

My final answer is the same that I said before- Its good as a study book but I think I prefer listening to her as a speaker instead. Just something feels like its missing when it comes to reading the book. Maybe because its about work I have to do? *Smiling*

Stephanie says

Its always a joy reading this book. I gain more strength and knowledge every time I read it. I think I'll pick it up again next month.

J. says

All I can say is this book has brought me further on my walk to strengthening my relationship with God. Every day you focus on a new attribute of following in Jesus' footsteps. I had highs, lows & lost days but every day there was something for me to learn & challenge myself! I will definitely be re-reading this book every year to help me strengthen & renew my faith! Dr. Trimm does an amazing job of getting us inside our

desires, wants & needs to walk with God as God would like us to walk! I am most proud of the fact that when I started the book I had barely any answers to the initial 24 questions but by the end I could answer them all with confidence! This is a life changing book! I recommend getting the journal (it helps tremendously) & I am hoping they come out with a digital version of the journal for people to continuously use!

Marissa says

Read this book during Lent as a way to deepen my relationship with myself and God. I found value in the journal prompts because I made myself stick to writing responses, even if some of the prompts were difficult for me to understand.

Ladrena Bolden says

Awesome

Monique Jeanee says

This book is life changing!

Julia says

Truly amazing and life changing.

Martina says

The 40 Day Soul Fast is a tool of awakening. Literally this book shines a lights on behaviors that will cause you to move in the opposite direction of your goals. Yet it shows you how to turn around very easily. This was my 4th time reading it with a group and each time I discovered more about myself.

Mrs Jennifer Ann Shoesmith says

I highly recommend this book as a daily study. It's ideal for Lent, but also suited to any time of year. It refreshed and uplifted my relationship with the Lord and could be repeated at felt need, or to a schedule.

Annette Stiller says

Intelligent, thought provoking, and really did lead to more self-knowledge. Each day presented questions to journal your answers to and I took off one star for the quality/vagueness of some of the questions. For example, under the characteristic of Order, one of the questions is: "How can you "reorder" your day to help you better order your thoughts?" And then there is "If God were to drop a plumb line into the building you've created of your life, how aligned would it be with His original blueprint for you?" (from the lesson on Authenticity). I have great difficulty trying to answer questions such as these and found myself skipping them rather than trying to figure out what my original blueprint was, or how changing the order of my day will benefit my thought life. Thankfully, the majority of the questions were more easily answered and provided opportunity for thoughtful reflection. I would also like to take one-half point off for poor editing - lots of typos in this first edition. Overall, this is a great devotional study which kept my interest for the full 8 weeks.

Sherrie says

This is an AMAZING BOOK!! I highly recommend this book to ANYONE and EVERYONE who wishes to LIVE an AUTHENTIC LIFE!!! The title of this book is exactly what it is....a 40 day SOUL FAST...During the 40 day journey (whenever you decide to embark on it) you will learn more about GOD and yourself and how YOU must BE true to your God ordained purpose!!! You will clearly understand more about your emotional, mental and SPIRITUAL health!! A healed SOUL can impact so many lives!! Get a copy of this book for yourself and get another copy for somebody else!! You will NOT be disappointed after you read this book!! I will certainly refer to this book in the future!!! THIS IS A FIVE STAR BOOK!!!

Erica Bennett says

This book has some thought provoking questions/activities that help readers search their soul and answer who am I. The chapters are decent but the meat for me was in the reflection questions.

DeShawn McGhee says

This book is all about you becoming your best you. It is has been a journey; one that at times felt overwhelming (because there are so many things we can work in to be better). This book is not meant to be read in a short period of time. It is meant for you to take the 40 day journey and rightfully so. There are questions along the way to make you think and evaluate yourself (and the life you want to have).

Outside of your roles, who are you?

Such an important question to be able to honestly answer.

Take the journey. I will definitely read this book again

