

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

2

Carefully considering the disciples' disillusionment enables us to process our own.  
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3

John the Baptist refused to compete with Jesus. Instead of collecting attention, John directed attention back to the Bridegroom. (John 3:29) 40fasts.com #40fasts @aliciachole

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? Have you, like John the Baptist, ever asked Jesus, "Are you the one who was to come, or should we expect someone else?" (Matthew 11:3) 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

Deaths are defining moments in our lives. It serves us poorly to hurry past them. Today, honor the losses in your life. 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 and storms cannot void the reality of today's miracles any more than today's miracles can void the potential of tomorrow's needs and storms. 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. To dance in the dark demonstrates a lavish display of trust. 40fasts.com #40fasts @aliciachole

11

Whom do we spiritually underestimate? The elderly? The young? The poor? The Wealthy? The strong? The hindered? What group or class of people do we (as the disciples did in Luke 18:15-17) turn away from Jesus? 40fasts.com #40fasts @aliciachole

Last steps and last stops are weighty indeed. 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

Like the woman who poured expensive perfume on Jesus before His death, give because you love. Give without calculating. Give without letting reason ration out your love for God in stingy portions. 40fasts.com #40fasts @aliciachole

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

14

Even though Jesus knew that the people would soon reject Him, He still showed up for the parade (Palm Sunday) they held in His honor. Jesus did not let the rejection of tomorrow cause Him to reject the love of today. #40fasts @aliciachole

15

With all our inconsistencies, God does not shrink back from us. In turn, may we seek to never shrink back from God. 40fasts.com #40fasts @aliciachole

16

Ask God where He is weeping in your life and in the world and join Him there. It is never weakness to grieve where God is grieving. 40fasts.com #40fasts @aliciachole

17

May God awaken us from our slumber and reveal to us His *where, when, and how* of any tables (Matthew 21:12) that need to be overthrown in our generation. 40fasts.com #40fasts @aliciachole

18

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

19

In Matthew 21, Jesus did not ask the leaders for polite acquiescence or polished theology. He simply asked them (and asks us) to be *true*. #40fasts @aliciachole

20

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

21

A troubled soul is not always the sign of a faith deficit. As Jesus exemplifies in Matthew 26, sometimes a troubled soul is the sign 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. Then ask Him to reveal to you the power His sounds have in your soul. 40fasts.com #40fasts @aliciachole

23

With every pat of the towel at the Last Supper in John 13:14-15, Jesus was saying, "I forgive you in advance for your upcoming epic fail." 40fasts.com #40fasts @aliciachole

24

*The cross* is the ultimate call to decrease: a call to renounce self-direction and shift leadership loyalties from our *selves* to our *Savior*. 40fasts.com #40fasts @aliciachole

25

Jesus believed there was no other way to the Father for us. (Matthew 26) Sharing Jesus' certainty honors Jesus' sacrifice." #40fasts @aliciachole

26

We know that Jesus' presence is valuable to us, but we rarely consider the possibility that our presence is valuable to Him. (Matthew 26:36) 40fasts.com #40fasts @aliciachole

27

Jesus and Judas's final interaction ended with some 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. However, Jesus' example makes it clear: can ≠ should. #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

Does it seem odd--especially in a generation that rarely blinks at fictional violence sold as "entertainment"--that we spend relatively little time soberly considering the all-too-real suffering of our Savior? 40fasts.com #40fasts @aliciachole

32

Jesus is enough. His shed blood was sufficient for our salvation. Adding to Him only distracts us. #40fasts @aliciachole

33

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

34

Today, place yourself at the foot of the cross and, from that perspective, hear the taunts of those who hurled insults at Him. Then reflect on the reality that Jesus' name is still mocked and despised today. 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

When we, like Joseph of Arimathea, offer to Jesus the place we have reserved for our *selves*, He surprises us by filling that space with His resurrected life. 40fasts.com #40fasts @aliciachole

37

Today, let us go "outside the camp" with Jesus (Hebrews 13:11-13) and mourn for those who still reject Him today. 40fasts.com #40fasts @aliciachole

38

Obedience is never a waste; it is an investment in a future we cannot see. 40fasts.com #40fasts @aliciachole

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