



THE GENERATIONS PROJECT: 40-DAY FASTING CHALLENGE

Sun, March 6, 2022: Fast from self contempt today. Refuse to get stuck on your limits. Next, ask God to lead you to using your giftedness outside your comfort zone.

Mon, March 7, 2022: Fast from overdoing things in any way. Refuse to overeat, overspend, or over commit. Follow this by a prayer inviting Jesus to make Himself known in the space you're offering Him today.

Tues, March 8, 2022: Fast from all media. Turn off the TV. Turn off the notifications. Put your phone down. Fill the space with either sacred quieter worshipful music. Bend your ear to heaven and be especially intentional about listening for God's voice.

Wed, March 9, 2022: Ask the Lord for your fast today (worry, fear, overeating, etc.) Consider subtracting that thing from your life as a way of life. Prayerfully reflect on what He wants you to add (worship, rest, fellowship, generosity, etc.) Now ask God what He wants to multiply (your kids, your offerings, your spiritual growth, your insight, your faith, etc.).

Thurs, March 10, 2022: Today, fast from forgetfulness. Remember the times God has come through for you. Remember His goodness and His kindness. Know and believe that He is working in your midst even now. Smile and whisper a prayer of thanks.

Fri, March 11, 2022: Fast from the shallow busyness that drains the soul. Slow your pace and turn your face to God. Listen for what He is saying to you.



Sat, March 12, 2022: Fast from overcommitment, soul neglect. Accept the rest and grace Jesus offers you this very moment. Trust Jesus in a way that you haven't before.

Sun, March 13, 2022: Fast from impatience and discontentment. Pursue God until you come to a place of holy contentment mixed with holy expectancy. His grace abounds for you here.

Mon, March 14, 2022: Fast from boredom, complaining, comparing and self criticizing. Look around and find countless reasons for giving thanks to God. Marvel over the miracle of your salvation.

Tues, March 15, 2022: Fast from entitlement of any kind. Be patient with the checkout clerk. Leave a large tip, regardless of the service....Enjoy the life that you have right now.

Wed, March 16, 2022: Fast from intimidation. Guard your heart against cynicism. Refuse inferiority and insecurity. Embrace holy confidence.

Thurs, March 17, 2022: Fast from obsession with appearances, opinions and un-appointed (not Godgiven) obligations.

Fri, March 18, 2022: Fast from making premature assessments about your story. If your story is not good yet, it's because God is not done yet. Rest that His ways are higher than your ways.

Sat, March 19, 2022: Fast from angst, worry, and despair over your lost loved ones. Release them to God and trust Him to work in ways you cannot imagine. Celebrate the small victories you see.



Sun, March 20, 2022: Fast from all negative, cynical, and critical attitudes. Just say, "no" to them.

Mon, March 21, 2022: Fast the temptation to judge others. Avoid the tendency to engage in prideful self-praise.

Tues, March 22, 2022: Fast from rigid expectations. Be open to divine surprises and setups. Open your hands and dare to pray, "surprise me Lord."

Wed, March 23, 2022: Fast from "watching" in a way that weakens you. Turn off the TV, turn away from social media, and turn your eyes upward to the one who loves your soul.

Thurs, March 24, 2022: Fast from indulgences that you know weaken you. Ask God to show you where and how you've let your guard down and compromised your faith.

Fri, March 25, 2022: Fast from the feeling of being stuck. Refuse to get weighed down by temporary circumstances. Marvel that Jesus came to earth on a rescue mission with you on His mind.

Sat, March 26, 2022: Fast from sorrow that is getting the best of you. The joy of the Lord is your strength. Take heart and be of good cheer. Jesus has overcome the world.

Sun, March 27, 2022: Fast from an earthbound mind-set today. Pause and ponder your own redemption and transformation. Consider the miraculous power at work within you even now.

Mon, March 28, 2022: Fast from familiarity. Stay astonished. Embrace wonder. You've countless reasons to stand in awe. So stand, bow, sing, and rejoice. Our Savior has come to earth, and soon He'll return to take us home.

Tues, March 29, 2022: Fast all appearances and facades. Be fiercely attentive to where, when, and with whom you are tempted to inflate or deflate, exaggerate,



or belittle your real self via speech or silence.. Ask Jesus to help you understand why you are investing energy in an illusion.

Wed, March 30, 2022: Fast denial. Be honest with yourself so that you can be honest with God.

Thurs, March 31, 2022: Fast comparison. Cease determining the value of your reality by your perception of another's reality.

Fri, April 1, 2022: Today, Fast "dreaming" of more from things of this world. Each time you are tempted to picture your life with something else or something new or something different, stop. Redirect your mental energy to thank God for anything in your current reality for which you can be grateful.

Sat, April 2, 2022: Fast from fear. Awareness, resistance, and prayer decrease your vulnerability to intimidating fear by strengthening your will with truth.

Sun, April 3, 2022: Today, fast from self-confidence. and rest deeply in Jesus' promise that the Holy Spirit will "guide you into all the truth". John 16:13.

Mon, April 4, 2022: Fast a day without spending money. Let each choice not to buy remind you of what you could not purchase: your pardon, there is nothing you can add to this basic truth.

Tues, April 5, 2022: Fast from withholding any love to God, others or yourself.

Wed, April 6, 2022: Fast from using your voice. Select a time period that is doable - be that an hour, an afternoon, or even a day - to fast your voice (talking, typing, texting, etc.) Honor Jesus with a period of focused quietness.

Thurs, April 7, 2022: Fast regrets. When new beginnings are stalked by stale endings, they steal our strength. Regret empties anticipation, flattens dreams and suffocates hope. Do not feed it or give it space. Let it go.



Fri, April 8, 2022: Fast self-praise. Redirect praise from others and deposit it at the feet of the One to whom it is due. Offer Jesus a bouquet of praise.

Sat, April 9, 2022: Fast artificial light. Unplug from the power grid. Use the time to enjoy life by candlelight.

Sun, April 10, 2022: Fast avoidance. Pay attention to avoidance mechanisms that surface when you face the unknown, unknowable, uncomfortable, or unavoidable. Ask the Holy Spirit to reveal your avoidance defaults.

Mon, April 11, 2022: Fast religious profiling: Whom do we spiritually underestimate? The elderly? The young? The poor? The wealthy? The beautiful? The disabled? What group of people would be turned away from Jesus? Today, ask God to shine His light upon any one which you are dismissing, those that Jesus would welcome.

Tues, April 12, 2022: Fast isolation. Meet a friend for coffee, call a family member, visit a neighbor, connect with a colleague..., Intentionally nurture your God-given web of relationships.

Wed, April 13, 2022: Fast stinginess. Seek an opportunity to be irrationally lavish toward someone who cannot possibly return the favor. Give just because you love. Give without letting reason ration out your love in stingy portions.

Thurs, April 14, 2022: Today Fast Fasting. and celebrate our risen Savior. Rejoice in His resurrection and anticipate His return.

