

40 Day Soul Fast Journal

Sit, sip, and savor God's holy word every single morning with this self-guided women's Bible study journal. During the time it takes to finish your morning cup of favorite coffee or tea, soak up some encouragement for your entire day. Start off the right way... with your Bible open, your heart ready, and your mind focused on what matters most. It is as easy as... 1. Fill your morning cup. 2. Open your Bible. 3. Fill your heart. Repeat daily. This simple 40 day Bible study journal for women is designed to help you be encouraged by God's holy word daily. You choose the topics or scripture that interest you or use it as a note-taking companion to another Bible study. And, just in case you have no study plans to start your day, suggested scripture readings are provided in each daily section. Wherever you are in the journey to understanding God's word better, this Bible study journal is an amazingly versatile tool to guide you through the habit of regularly studying and meditating on God's word. This women's Bible study journal includes daily sections for: -Writing about your mood, a focus or to-do list for the day, and what's on your mind. -Recording what you are thankful for each day and your praises to God. -Expressing your prayer concerns and taking them to the Lord in writing. -Noting what you are reading in the Bible (book, chapters, and verses) and your thoughts about it. -Reflecting how your daily Bible study applies to your current life circumstances. -Writing your favorite daily scripture or a Bible memory verse to study. -Brainstorming how to share God's word with others in your life. -Taking extra notes about your daily Bible study or whatever else is needed. It is a generous 180+ pages in an 8.5 inches square size. This study journal is not designed specifically for any version or translation of the Bible. What you will need to accompany this study journal for the most benefit: a Bible of your choice and some quiet time each day.

"What are you giving up for Lent?" we are asked. Our minds begin to whirl: Chocolate? Designer coffee? Social media? Forty days later, some feel disappointed in their efforts (it was a limited-time blend . . .), some feel surprised by their success (didn't even miss it . . .), but perhaps precious few feel spiritually renewed. Can such fasts alone truly prepare us to celebrate Easter? Or any other chosen time of reflection during the year? Or could it be that before we can be duly awed by resurrection, we need to daily honor crucifixion? 40 Days of Decrease emphasizes a different type of fast. What if you or your church fasted comparison? What if your family fasted accumulation? What if your office fasted gossip? 40 Days of Decrease guides readers through a study of Jesus' uncommon and uncomfortable call to abandon the world's illusions, embrace His kingdom's reality, and journey cross-ward and beyond. Each daily, 1000-word entry will include a devotional based on Jesus' cross-ward life; a reflection question to guide journaling or group discussion; a fast to inspire a tangible response; a thought-provoking Lenten quote; a sidebar into the historical development of Lent.

Daily Devotional and Three Month Grief Journal "Blessed are those who mourn, for they will be comforted." -Matthew 5:4 What happens when your loved ones die? Death happens to everyone. We are all affected by the grief at one point or another. This seven day christian grief work devotional uses biblical stories and references to help you understand what the bible says about death, and your own feelings associated with the loss. Grief Work Diaries and Grief Work Journals are a recommended coping tool for exploring the grief cycle and emotions that arise after the loss of a loved one. When completed, grief diaries tell the story of daily life through the cycle of grieving, forever giving you a written account from your perspective.. Grief journals and diaries allow you to not only express the feelings that arise after death and loss, but to review your progress through the stages of grief. You need to take time to pause, reflect, and focus on yourself. It is important to express any feelings you may have during the grieving process. Grief work journals and grief work diaries allow you to record thoughts, emotions, and feelings that otherwise may be lost or overlooked. Death and loss can cause intense emotions. Many report feeling relieved or more at peace after expressing these feelings in a grief journal. Reflection through the process of grief is important. Reflecting on a previous state of mind allows you to understand how far you have come. The grief cycle is not always a fluid process, which makes frequent reflection all that more important. It is important to note the changes in mindset and yourself through your writing.

The Daily Grief Work Devotional features: - The Seven Stages Of Grief Daily Devotional - Personal Entry Areas - Reflection Questions The three (3) month Deluxe Grief Work Journal features: - Daily Mood Tracker - Daily Positive and Negative Tracker - Daily Entry area - Thought Provoking Questions - Monthly Review - Goal Tracking

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 Offers principles to use in improving health and growing closer to God by following a twenty-one day fasting program inspired by the book of Daniel.

This coloring book journal is designed to help stress relief through coloring and journal writing. January is the first book in the series of twelve. Each book is unique to it's given month, with 12 images to color. There are 12 one-sided images and 200 lined pages with quotes and tidbits for your enjoyment.

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

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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 world is suffering from a leadership void... Nations are shaking, culture is shifting, and society is restlessly waiting for leaders to arise and take their place in framing a more hopeful future... ..to shape what will become history. In *History Maker*, bestselling author and empowerment specialist, Dr. Cindy Trimm, presents a groundbreaking new message with a prophetic edge. It's an intelligent and thought-provoking work with a larger-than-religion perspective on the world—beginning and ending with the leadership potential resident within each individual. You will: Learn how your inner world impacts your outer realities Identify patterns and habits that keep you from fulfilling your potential Discover how to unleash the force within you destined to serve a greater good Be empowered to lead change in your community, city, and nation When you step into the soul wholeness that God intended—when you allow His purpose to ignite your potential—you will become a history-making catalyst of change. *History Maker* is a call for ordinary people to arise and become extraordinary leaders.

Albert the Great was born in Swabia, the son of a military nobleman. He was a Dominican priest who taught theology in Cologne and Paris. His most distinguished student was Saint Thomas Aquinas. Albert was called "Doctor universalis" because his breadth of knowledge spanned not only philosophy and theology but all the natural sciences. He was a dedicated student of nature, and although he argued that the physical world can only be known reliably through observation and comparison, Albert distinguished between truths, which are naturally knowable, and mysteries, which cannot be known without revelation. People can only reach God through Himself - that is, by leaving behind the entanglements of earthly things and contemplating Him exclusively. The image and reality of God's incarnation in Jesus gives human beings the opportunity to attain a more perfect knowledge God through contemplation. Albert refers to the teaching of St. Peter, "Cast all your anxiety on him, because he cares for you."

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. 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 Forty-Day Word Fast focuses on several biblically sound mechanisms to help you change your words and your life. Not only will your vocabulary change, your heart also will be transformed in just forty days.

Fullness is dullness. Hunger is passion. Sometimes we need a personal reboot. We need a "burning bush" encounter, one close enough to feel the heat. Life has a way of growing cluttered, feeling dull. Modern society is so full of stuff-busy schedules, buffet lines, gadgets-that we've forgotten the discipline of denial. We don't remember how to hunger, therefore we've forgotten how to be filled. Yet Jesus promised the opposite: if we hunger and thirst for righteousness, then we will experience fullness. And nothing rekindles the inner fire like fasting. Drawing inspiration from Psalm 40 and Isaiah 40, *Consumed* is written in simple, encouraging language, composed day-by-day during the author's own forty day fast. Thus, the insights come to you in "real time" - exactly what you need for each day, like a friend who knows how to speak to your heart. Each brief, daily devotional helps to focus the soul in a posture of humility and repentance for the ultimate goal of personal renewal. Have you lost direction, focus, vibrancy? The ancient solution is to give yourself to an extended, 40-day fast. Don't worry...you can do it! *Consumed* also features: Nuggets of wisdom from ancient and modern church fathers Practical advice for managing your fast Simple, daily guidance from physicians to maximize and safeguard your health Space to journal your reflections each day Medical insights into the benefits of fasting; also specific recommendations for structuring and ending your fast. Don't yield another day to the tyranny of excess and overindulgence. Confront your idols, focus your spirit on the presence of Christ within, and you will experience the unique grace of hunger. Burn again with love for God. Be consumed!

This beautiful blank recipe book includes 100 pages for you to jot down all of your favorite recipes. The interior contains sections for the recipe name, ingredients, directions, cooking time and preparation time. This book helps you stay organized by helping you keep track of all your favorite recipes. Use this book, instead of clipping from magazines or writing recipes on sticky notes or online pin board sites. Keep track of all your *BEST* recipes easily in this one book. This lovely book makes a great gift for family and friends. Please Click on the "Look Inside" feature to view the interior of this book. We also make this book with several different covers. Feel free to browse through our listings and find a cover that meets your style preferences. EXTRA Large Size (8 X 11) More Room to Write with soft Paperback Cover

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.

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."

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.

A young woman gives birth to a baby, then sinks into a coma. Her family finds a journal she has kept since she was a very young child and are astounded to discover she had recorded events in their lives she should not have known.

'Life is a journey Enjoy the Ride' is one of the stationery series: 'Inspirational and Motivational Notebook Journals'. This 5" x 8" notebook has matte-finish cover featuring a famous wisdom quote on cover page and special quote in each design.

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We have up to 50 motivational quote designs in this series. This wisdom notebook journal consists of 150 pages with graph paper. This is great personal journal for writing down your daily thoughts/ideas, to-do list, and summarized what you have realized each day. Easy writing and smooth paper is perfected for pen and pencil noted. It is also a good choice for exercise in school and great gift for all (men, women, teens, girls, and kids). Motivational Blank notebook journal with graph paper, 5 x 8", 150 pages, inspirational quote cover "Life is a journey Enjoy the Ride"

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.

This book will help you to remember who you truly are, and to be your true, authentic self, in its entirety, to unlock the beautiful spirit and essence of you. You have a soul mission: it's time to wake up to it and fulfill your destiny and be everything you ever dreamed of being, your soul and spirit self really are, unafraid to shine in a world that all too often might seem might seek to undermine or limit you...You are filled with infinite possibilities and great gifts. Many of us are waking up from the illusion of fear, lower consciousness and vibration that we have been trapped in. Though times may be dark, the light can prevail and by holding on to our dreams and visions, we will emerge with a higher consciousness. We will shed all the restrictions of the past, and break the chains of the judgmental and fear-based systems which have ruled and limited our lives in so many ways, to take a jump and leap of faith and really be the full expression of our unique and special souls. "I really love this book. As soon as I started reading it, it felt like it was talking directly to my soul.... I believe Sally is a gifted soul on a mission to genuinely help & empower people. It is a book I will treasure" "What a beautiful book; one that touches you and works on so many levels." "It doesn't matter where you are on your journey, in this book you will find something new, something to remind you of who and where you are, why you are following the path you have chosen and affirmation that you are not alone, the Universe is always supporting you. I found the book easy to read, to me the energy of the words just flow off the page, and hit the spot. Read it from cover to cover, dip in and out, the choice is yours and the book supports you in what ever way you wish to connect with it. Bursting with information and and workable ways to experiment and include in your spiritual practice. Sally has worked really hard to make this work appeal to as wider audience as possible and I feel she has pulled it off with a flourish. Well done Sally, when's the next one?" "I really love this book. As soon as I started reading it, it felt like it was talking directly to my soul and I felt curiously emotional. I believe Sally is a gifted soul on a mission to genuinely help & empower people. It is a book I will treasure & refer to when I am in need of uplifting"

Deepen your relationship with God with this beautiful prayer journal just waiting to be filled! Keeping a prayer journal is one of the best ways to deepen your relationship with God and help you navigate your spiritual journey. Each page of this prayer journal contains a verse from the scriptures to inspire your prayers and devotion to the divine. This prayer journal is a writing journal, ideal to write down your conversations with God, your personal prayers, personal thoughts, things you are grateful for, and anything you feel like writing down. Here are some of the journal main feature: The journal measure 8-inch wide by 10-inch in length with plenty of writing space. Each page features a scripture quotation to inspire your praying activities. High-quality 55# paper in a light cream color and is perfect for all types of pens or pencils including gel pens, fountain pens, and writing markers. 100 wide lined pages with an inspirational scripture quotation on each page Glossy cover with a professional finish, flexible paperback. Makes a great gift for family, friends or colleagues. Scroll back up and order your copy today!

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!

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

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Soul Fast Movement by going to 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!

Great for Journaling and Writing - Makes the Perfect Gift This Writing Journal is a 8 x 10 soft cover journal notebook diary it has 126 lightly lined white pages with a beautifully colored cover displaying an inspirational word. Words can make you feel something you wish to remember, help you see things you don't wish to forget or they make you do something to push you forward. Pick the word that inspires you! Dimensions: 8 by 10 inches 126 Lightly Lined Pages (128 total pages) Makes the Perfect Gift White Paper Matte Cover Softcover / Paperback / Notebook 10 Colors: Aqua, Blue, Dark Blue, Green, Orange, Pink, Purple, Red, Teal and Yellow 36 Words: Abundance, Action, Attitude, Authentic, Believe, Blessings, Courage, Create, Dedicated, Disciplined, Dreams, Encourage, Faith, Focus, Goals, Grace, Gratitude, Honor, Hope, Inspire, Joy, Kindness, Love, Motivate, Opportunity, Overcome, Peace, Positive, Purpose, Rejoice, Strategic, Strength, Success, Truth, Vision and Wisdom A journal is a great tool for any of the following: a day timer, diary, notebook, travel journal, health journal, idea book, thoughts and dreams, successes, failures, blessings, wish lists, lists, habit tracking, bullet journaling, things grateful for, prayer lists, to write thoughts and letters to your family, record medical information, a password notebook, express your feelings, to-do lists, resolve problems, reduce stress, record events, track your bucket list, keep your deepest secrets, song lyrics, track projects, write poetry, positive quotes, bible verses, bible study notes, work through heartache or painful memories, or use it for things that enhance your creativity and inspire you along with a lot more. An easy way to search is type in Elf Owl Publishing, the word and color to get the complete listing of what is available to show up. Example: Elf Owl Publishing Love Orange - The words and colors available are listed above in the bullet point section. Be sure to check out our entire line of products: Address Books, Password Journals, Sermon Notes, Bible Study Notes, Bullet Dot Grid Style Journals, and more. Go to our Author Page by clicking on Elf Owl Publishing under the title of this product. This is a paperback, softcover, notebook style journal.

Inner peace is finally within reach with Tami Shaikh's groundbreaking new book, Detox Your Soul. Do you often find yourself wishing to rid yourself of all the negative, harmful influences that often make life so difficult? Look no further than this new thirty-day program that helps you cleanse away your spiritual, mental, and emotional toxins and remove these relentless daily obstacles once and for all. Beginning with day one, you'll learn how to face your inner demons and build up your self-esteem. The strategies are designed to be incorporated into your daily life—no drastic changes to your routine are needed! Waking up just ten minutes earlier and going to bed just ten minutes later each day gives you all the time you need to see—and feel—a difference. Each of the thirty chapters provides a section for you to record your innermost thoughts, reflections on that day's exercises, and what you have achieved both physically and spiritually in the last twenty-four hours. By the end of the thirty-day program, you'll feel more in tune with your spirit, mind, and emotions. Most importantly, you'll have gained the tools to cleanse your soul for a lifetime to come.

This book is laden with POWERFUL PRECIOUS DECLARATIONS which can be taken [applied] like medicine. SPEAK it as prescribed several times a day over situations, crisis, circumstances, challenges, turmoil, doubt, fear, sickness and so on. God spoke everything into being & we are made in his image, hence we also have the power to DECREE, DECLARE & ORDAIN and supernaturally take charge by SPEAKING OVER everything or anything facing us. All we need do is believe! This book is for those willing and ready to take charge of their lives, their living and be TRANSFORMED through the POWERFUL declaration of SPOKEN words! This book will set you free in the name of Jesus. All you have to do is believe!

A reading log book journal is a great place to note your reactions to what you're reading. Writing down your responses will allow you to discover how you feel about the characters. You will also gain insight in to the plot, and it may enable you to deepen your overall enjoyment of reading literature. 4 pages for a blank personalize reading log book title and genres. 100 spacious record page. As well as the main review space. there 's space to log - title, authour, publishing, Source, page count, Date start & finish, Category - Review & Inspired - Rating on plot, characters, ease of reading, overall. 4 Pages for Notes. 4 Pages to record "Book Loan Record". Dimension Size 8 x 10 Inches.

"FORTY DAYS AND A SURRENDERED HEART WILL CHANGE YOUR LIFE." Those were the words that author Celeste Owens wrote to over 100 bloggers in 2010 who decided to take her up on her claim. They gave God 40 days and their hearts, and He did the miraculous. This book is the fruit of their time with Him. Do you sense God calling you to a new season, but fearful of releasing your plan? Dr. Celeste personally understands the challenges associated with releasing control. Incidentally, the surrender fast was birthed from her desire to do and be something new in God. In this book, she will help you: release your plan for His, renew your mind through the process of surrender, and be restored to right relationship with God, yourself, and others. The 40-Day Surrender Fast is not only a devotional, but a unique opportunity for you to experience God in a new way. Forty days and a surrendered heart WILL change your life.

Change your words. Change your marriage.? The Forty-Day Word Fast for Couples is a book about doing the hard work of learning and then practicing intimacy and pursuing unity in marriage. Husbands and wives will undertake this journey together. As a result, they will uncover the obstacles that have stood in the way of their God-given heart's desire for a profound oneness in Christ. Couples will break through to a new level of tenderness, kindness, and intimacy as they do the following: Discover God's original design for words Identify the devastating impact of negative words Access the tools to uncover the roadblocks and strongholds that have stood in the way of greater intimacy in every area of their married life Become offense-proof in their marriage through the forty-day fast of words God's design for couples is to pursue oneness through speaking words of truth and kindness. The enemy and the world have perverted this design. Death and life are in the power of the tongue. There is a reason Proverbs 18:21 lists death first. This book will help make clear--perhaps for the first time--the actual ramifications of complaining, criticism, judgments, gossip, and negative words on a marriage. These words are the "unity busters." Through fasting from these negative words, you will discover a biblical way to change the atmosphere of your marriage. This book will help you protect your marriage by identifying words that either build it up or break it down.

Your problems don't define you; they refine you. Sometimes life feels like a roller coaster ride filled with ups, downs, twists, turns, and unexpected sudden drops. Instead of moving forward with peace and purpose, our lives spin out of control. When chaos and uncertainty threaten to make you feel helpless . . . what do you do? Don't let life's detours take you for a ride. Get back in the driver's seat! In Prevail, life strategist, Dr. Cindy Trimm, reveals how you can turn problems into opportunities so no pitfall will throw you off course. Discover how you can: See your current challenges as doorways to new levels of success Break through barriers that keep you from enjoying life and loving the real you Develop a winning perspective that positions you to prosper Wake up every morning with a sense of meaning, purpose, dignity, and hope Your success, fulfillment, satisfaction, and destiny await you on the other side of your struggles, fears, setbacks, and disappointments. In the same way that a diamond is brought to beauty through immense stress, your true strength of character, worth, and value are found by

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embracing the prospering power inherent in your problems. You are tougher than your tough times.

The Author's Book Journal is a must have for anyone writing a book or a novel. It easily lets you keep track of events and characters in your chapters. There are dedicated pages for 100 chapters, plus main character profiles, secondary characters profiles and also pages to note reference research sources, acknowledgements, quotes, notes, prologue, epilogue, back cover blurb, beta readers, ARC reviews, publishing details, author details. You also have some extra pages at the back for making notes on ideas for your next book. Keep all your book information in one handy place. Journal size 7x10 inches.

Every human being has an innate call to be truly known as significant and loved by others. God has created and set this longing within us to be known for who we are. Knowing you is to know that your identity is in Jesus Christ because you were created in God's image. An individual's lack of this knowledge can result in a sociopsychological identity crisis and role confusion as characterized by social psychologist Erik Erikson. To know your identity is to know whose you are and how you came to be you. Therefore, much of our emotional pain, turmoil, and dysfunctions in our personal lives are predicated on not knowing our true identity. Essentially, we make an effort to behave according to our self-concept and self-esteem, which are based on the versions of reactions we have received from others. Consequently, self-esteem points toward the distinction between one's perceived self-concept and with one's ideal self. Our sense of worth is initially tremendously impacted during our early years because we develop a vision of ourselves through the expressions we received by the significant people during those early years. Loving affirmations promote good self-identity, and being rejected can be the basis for a negative self-image later in life. Due to such unprocessed emotionally trauma from our early years, many of us experience deficits in core longings. Also, these unprocessed emotional wounds impact our relationships with God, self, and others. Consequently, we need the aid of a structure that promotes the truth of God esteem and to position us for emotional healing that positively impact our identity in Christ. This book presents elements of a spiritual formational approach, which incorporates the knowledge of core longings, self-fulfilling behaviors, and emotional wounds into a personal healing structure that impacts our Christian identity.

Start Living Abundantly in 40 Days! I came so they can have real and eternal life, more and better life than they ever dreamed of. —Jesus It's time for you to stop settling for anything less than the abundant life that Jesus came to give you. This prosperous life is available to you—it all starts with making healthy soul choices! This companion devotional to The Prosperous Soul from Dr. Cindy Trimm will lead you on an interactive 40-day journey to choosing abundance in every area of your life. Over the next 40 days, you will... Make key decisions that position you to fulfill your dreams and desires Learn how to enjoy prosperity in every area of your life: Spiritually, mentally, physically, relationally, vocationally, and financially. Discover 40 key practices for living your most prosperous life A prosperous soul is your all-access pass to living a rich and satisfying life. Get ready to start using these 40 practices and enjoy the abundant life that Jesus promised today!

So Hannah rose up after they had eaten in Shi-loh, and after they had drunk....and she was in bitterness of soul, prayed unto God." 1 Sam. 1:9:10 Hannah represents the weak bullied by the strong, Peninnah. God hears and rescues the Hannahs of the world. Hannah discovered God was always present and ready to help during those moments in life when she felt there was no one she could turn to, no one who would understand and simply feared being judged by the world. Transparency gives us not only an insight into Michelle's heart for God, but reveals how she learned through her caterpillar stage of growing pains, to trust Him with all her imperfections. Daily she turned to Him with her weaknesses, fears, desires, and gratitude, faithfully praying "Lord here I am with You. I surrender my mind, body and soul to You. Lead, guide, and instruct me the way You will have me to go." Many times, we do not understand why things happen, but we can find comfort in knowing God knows each of our stories from the beginning to the end. He knows what He purposed and created us for. His strength is made known through our weakness. He is waiting with outstretched arms to save us. We can give it all to Him! Hannah prayed, "My heart exults in the Lord; my strength is exalted in the Lord." Like Hannah, we must recognize our strength comes from God and not ourselves. God hears our prayers and will show us how He can use our weakness to complete the work He began in us. In the words of Ana Claudia Antunes all we need to do is, "Keep up our faith to go high and fly, even after so many pains and sorrow. You can turn from a caterpillar to a butterfly." Positive Thinking Will Make You Happy - Mind, Body, and Soul is a powerful book about the irrepressible truth of the existential value of faith, and how what we think about contributes profoundly to one's state of happiness, joy, and self-affirmation.

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.

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