

40 DAYS OF FAITH

Six steps towards Life of Fullness

The User's Manual!

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Welcome to 40 Days of Faith!

Every year during the Lent season (countdown to Easter) our church comes together to try some collective "faith experiments" which involve prayer, fasting and study of scripture. These are often very exciting times of seeing God work in unexpected ways! We usually find our faith stretched and see many amazing answers to prayer in our individual lives, the lives of our friends and for our church as a whole

A lot of us have been looking forward to this season for quite some time, and we're believing God that this could be your greatest 40 days ever! This manual should walk you through everything you know to get going. My guess is that this introductory material will take you, give or take, maybe 30–45 minutes to get through—but it will be time well-spent!

Goals for you during the 40 days:

- 1) That you'd experience at least one concrete gift from God.
- 2) That you'd experience closer connection to God, yourself, and others.
- 3) That you'd experience getting closer to the life of 'fullness' Jesus offers.

Goals for our church during the 40 days:

- 1) That we'll come to a new level of empowering connection and 'fullness.'
- 2) That we'll become a community more connected around this purpose.
- 3) That we'll become known for enabling friendship with the living God.

What does it look like to participate in 40 Days of Faith?

So much of a life of heartfelt pursuit of God involves learning how faith does and doesn't work. Hebrews 11:6 says, "Without faith, it is impossible to please God." Jesus says to a woman who's been healed by his touch, "Your faith has made you well."

But, what should we do when our expectations aren't met? I mean, let's not kid ourselves: faith takes risk to believe God can deliver miraculously. Miracles by nature are long shots. So, we are liable to get disappointed.

There is a book in the Bible called Psalms. The central theme of the Psalms is that we worship a God who acts, that we should praise God for all the things he has done. And yet it can be very painful to live a life with that kind of faith! Maybe we've tried that before and he didn't come through. Maybe hard things have happened to us and we blame God for it.

The Psalmists themselves are often in desperate situations as they call out to God—but they still are calling out to God (rather than cursing him for allowing them to have gotten into desperate situations in the first place), and they often experience his amazing answers.

The 40 Days of Faith has been designed to accomplish multiple objectives—maybe too many! But very much at the heart of what we're hoping for is that many, many of us would experience a revitalization of our faith and our hope in the God who is active and alive, who loves us, who laid down his life for us, who wants us to breathe fresh 'fullness' into our lives. We think it will be a lot of fun—but doing it together will be critical because we will need a lot of extra faith and support to keep pushing for this kind of faith.

Let me walk you through what that might look like for you during these next 40 days. We'll talk about **3 concrete steps** to consider, and then about **3 ideas for pursuing a life of fullness**.

3 STEPS TO CONSIDER

Step 1: Go hard after what you're hoping God will do for you.

Step 2: Go hard after what you're hoping God will do for my five.

Step 3: Go hard after what you're hoping God will do for your church.

Step 1: Go hard after what you're hoping God will do for you.

A lot of what you're hoping will happen in your life can't happen unless God gives it to you. For example, even when we succeed in getting the stuff we always wanted, 'stuff' has a way of losing its 'shine.' We live in an age of cynicism and jadedness. This problem is so well captured by the video clip of Louis CK in Conan O'Brien show (title: 'Everything's amazing and Nobody's happy') If you haven't seen it yet, you can watch it from the home page of our webiste: www.rivernyc.org. Please take a few minutes to watch it, because it will be well worth your time.

As this clip points out, our generation is disaffected and alienated and unhappy even when we get 'amazing' stuff. But, when we get connected to God, it's not just about the 'gifts' we're after, God also fills the gifts themselves with 'fullness' so that we are not disappointed in the end.

Jesus said, 'My purpose is to give life in all its fullness.' John 10:10.

It's refreshing good news that when we get connected to the living God, our souls get refreshed and aligned in such a way that our life can get to the place of 'fullness' that otherwise would inevitably get jaded and lose its shine on their own.

So why not take these 40 days to see if that can be your experience?

Here are two categories of things that, if I were you, I'd ask God for during these 40 days.

1) Ask Jesus for something specific that he'd like to do for you during these 40 days to make your life better.

So here you're looking for some circumstance about your life that you're asking God to address. In the past, people have asked for jobs, a child, a marriage, healing, etc. Every year, many people experience extraordinary breakthroughs.

Here are a couple of stories from last year's participants.

For three years, I tried to get my immigration status straightened out. Two weeks ago, my company stepped up to pay 10,000 dollars to sponsor me for my green card. I can't believe this is happening to me!

After 2 and a half years of trying to get pregnant and stay pregnant (I've had 4 miscarriages), I received a prayer in early January, and I am now 13 weeks into a healthy pregnancy.

These are wonderful stories, and it can boost our faith in God like nothing else. But, the risk is, **what if it doesn't happen?** If it's actually something you really care about, you're risking major disappointment! But risking being disappointed is a hallmark of actual faith. Isn't the point of faith that we take real things we actually care about to God, things we don't claim to be able to pull off on our own?

The reason to take this first step is to put yourself in a position to see that God is actually alive; he actually listens to your prayers and he cares about you.

Now, again, that's no guarantee of anything. God is not a prayer answering vending machine that we can manipulate to get what we want. But he does like it when we ask him for things (Matthew 7:7-11). Sometimes, it takes a long time. As Matthew 7:7 says directly—keep asking. The reason is, we cannot lose with prayer.

When we put in the effort to connect with God, even if the thing we're asking for doesn't pan out, that time of connection with God adds something to our soul. We get closer to God. And, that will help our life stay fresh.

So, before we go on, I'd like an agreement with you. Let's pray as hard as we can for the things we want and need. But, let's agree that if the prayer doesn't get answered in

exactly the way we wanted, we will not become bitter, because we are going after something much more precious than even gifts from God.

We are going after God Himself. And, the best God has for us is God Himself.

With that in mind, let's do it! What good gift do you think Jesus would like to give you before these 40 days are done?

Write that here:

2) Ask Jesus for a measure of 'fullness of life' during these 40 days.

A surprising truth is that what makes or breaks our lives is not so much what happens to us as how our life feels to us. You might think, "I'm lonely and miserable because I'm 'x' age and I'm still unmarried. Nobody loves me!" But a moment's observation will tell you that there are people older than you are who've never married who are not lonely and miserable. And there are married people you know who are lonely and miserable! Jeremiah 29:11 tells us that God's ultimate work in us will be to give us a sense of an utterly hopeful future.

This has so much to do with whether we can live life from 'the place of fullness.' The Bible tells us not to be anxious. But, "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:16-18

A sense of expanding, joyful life is that important for the Bible to call it 'the will of God for us in Christ Jesus.' Again, God's purpose is to give us life in all its fullness.

So how would it be to ask Jesus to give you a measure of that 'fullness of life' during these next 40 days? As I said in last week's sermon, when I begin to feel bad about my life, when it feels like a struggle and I feel some jadedness and cynicism creep in, I begin to blame God. 'I'm a good person! I've done so much for God! So, why is my life not better?'

I am in danger at that moment. I am being like the older son in the Prodigal Son parable who gets nothing from God even though he's the picture of obedience. God's purpose in my life is to change my heart and soul so that even if nothing is amazing, I feel such a sense of expanding happiness—the exact opposite of the spirit of this age.

Feeling like life is worth celebrating like the younger son gets from the Father God in the parable of the prodigal son, that's important spiritual discipline!

So... let's do it! How do you think Jesus would like to make your life feel better over the course of these 40 days so that you're closer to 'life of fullness' God wants for your life?

Now what?

First off, congratulations! You've done a key thing—you've crystallized in your heart and on paper what you want God to do for you, a very important thing. Having done that, can I encourage you to do a few things in order to take advantage of the 40 Days of Faith in reference to the things you've just written down?

First, ask God for these things every day during the 40 days.

As you ask, he might speak to you about what you're asking for. Obviously, pay attention to that! Push into 'conversational prayer' with God if you know how. If that concept is new to you, don't worry. If you hang around our church long enough, you will pick it up! We talk about how to push into 'friendship' with God a lot. God encourages His people to keep asking for things, because it brings us closer to His presence which is what we need the most anyway.

Second, tell someone else (best case scenario: your Community Group, SEEK or Centered Life Class etc.) what you wrote down and ask them to pray for you about those things too.

And it would be neighborly of you if you prayed about their things! Jesus says he's uniquely present when two or more people come before him in prayer. Your chances of seeing something happen go way up when someone else is praying too—and they might even have more faith than you do, so you can leech off of them!

Third, when you see answers to these two things, tell us!

This is a super-powerful and often-overlooked spiritual principle: when God answers our prayers, the proper response is to tell as many people as we can—most particularly “in the sanctuary,” where God's people come to worship. Let me run just a few psalms by you that make this point:

Psalm 107:2—“Has the Lord redeemed (done something good for) you? Then speak out! Tell others he has saved you from your enemies.”

Psalm 108:3 (and Psalm 57:9)—“I will thank you, Lord, in front of all the people.”

Psalm 71:15-16—“All day long I will proclaim your saving power, for I am overwhelmed by how much you have done for me. I will praise your mighty deeds, O Sovereign Lord. I will tell everyone that you alone are just and good.”

Psalm 73:28—“I will tell everyone about the wonderful things you do.”

Telling others about how God has made a difference in our life is an important spiritual discipline. It brings us closer to God and to each other. This is why we collect all the God-stories at the end of 40 days of faith and display them in what we call 'Wall of Stories' on Easter Sunday. It's a powerful experience.

So, whenever God does something wonderful for you, always tell all your friends, and always tell us. You can either email us at mail@rivernyc.org or you can indicate on your connection card, God has done something for you and drop it in the offering box.

Okay! Let's go onto Step 2. . .

Step 2: Go hard after what you're hoping God will do for “My five”.

Jesus says that the life of fullness comes from sharing in His purpose.

“Whoever wants to be my disciple must deny themselves and take up their cross and follow me. ³⁵ For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it.”
Mark 8:34-35 (New International Version)

The life that Jesus promises here is “life in all its fullness.” Every human heart’s ultimate aim is that type of life--and Jesus purpose is to help us experience this. But, we go looking after it all the wrong places. Jesus is making an important declaration here that connecting to Him and sharing in His purpose (the cross, the gospel) is the path to what we most want.

Traditionally, people of faith have focused on the suffering part of the Cross. It’s even become a byword. Whenever something annoying and hard happens to us, we call it ‘the cross I have to bear.’ But, Jesus didn’t take up His Cross just to suffer! He took up His cross to redeem this world, to bring life of fullness to as many people as possible. We forget too easily the resurrection side of the Cross. Easter, of course, is a time to focus on this exciting reality.

So, what if we focused on the redemptive purpose of the Cross? What if Jesus is inviting us to follow Him and share in His redemptive purpose to bring fullness of life everywhere? If we’re willing to make that cause of Christ our life purpose in such a way that we’re even willing to lay down our personal agenda for it, THEN, the promise here is that we will experience that life of fullness from God. On the other hand, if we simply live for our agenda (seek to save our life), Jesus predicts in this verse that ‘life’ will lose its shine (lose life). As Louis CK puts it in his segment with Conan O’Brien, ‘Everything’s amazing and Nobody’s happy,’ that is exactly what has happened, just as Jesus predicts.

That’s been my experience. The more I’ve come to share in God’s purpose to spread ‘fullness’ around, the more I experienced ‘fullness’ in my own life. That’s why it’s so important for everyone interested in following Jesus to share in God’s purpose in trying to bring ‘fullness of life’ to everyone around them.

I am not talking about arguments aimed at conversion. That’s falling far short of what ‘taking up the Cross’ means. Our friends need to experience for themselves the fullness of life that comes with connecting to the living God. So, I am asking you to make it your purpose to become the kind of person who carries ‘fullness of life’ in your soul so that people around you get lifted into the ‘fullness’ God is trying to bring on earth.

So, we ask all of the people participating in this prayer experiment NOT just to focus on our own needs and our own prayers, but to connect with God’s purpose on earth by connecting to our ‘neighbors.’ To pray and try to encourage five people in your life (that you care about) to explore the life of fullness for themselves.

Praying for “My Five.”

The hope is that you know at least five people who live right here in the New York area that you care about enough to try to see their lives expand towards ‘fullness.’ We also hope that each of our community group will become a place where we can pray together for our five to experience fullness of life.

Many folks in our church are themselves not yet sure what they believe about Jesus. But my experience has been that those of you in that category have actually liked this kind of thing quite a bit! Who wouldn’t want to see five of our friends get blessed towards a life of fullness, if such a thing were possible?

In these 40 days, we’d love to ‘up the ante’ a bit, in the whole spirit of taking a season of faith together. So I’ve got two suggestions you might want to explore during these 40 days.

1) Pray daily for each of “My Five”.

Ask Jesus to reveal how He can become relevant in finding a life of fullness for your friends. Ask him to concretely bless them in such a way that their life will feel better.

2) Ask God to use YOU to bless each of 'My Five' as much as possible

During this time, why not ask God to show you ways you can concretely be a blessing for your five? In that spirit, we've got 6 "steps of faith" to propose to you. Ask God for an opportunity (and actively seek for the 'right' moment) to do the following:

- 1. Initiate social time with one of 'My Five.'**
- 2. Ask your five about their thoughts on 'fullness of life.'**
- 3. Tell a story of answered prayer.**
- 4. Ask your five for prayer requests.**
- 5. Pray for some of your five in person.**
- 6. Invite them to Sunday service or a neighborhood dinner.**

(A tip on conversations about 'fullness of life.' Just talking about YouTube clips like Louis CK interview will naturally bring on conversations on 'fullness.') May God make you an agent of connection of 'fullness' so that you can experience that 'life of fullness' yourself!

Step 3: Go hard after what you're hoping God will do for your church.

We have huge dreams for what God might want to do through us as a church. Obviously, it's symbolic that we meet in 7 World Trade Center. When God called the original team to start this church in 2004, we found ourselves praying on the corner of Vesey and West Side Highway, looking at the construction site for the building that holds our church services today! We believed that we heard God saying, 'I am building a tower of light.' We understood that to mean God is about to do a new thing in this place known for money and hurt.

God is at work bringing healing after 9/11. He is also at work trying to bring a 'fullness of life' that money can't buy. We want to create a space where people can connect with the living God so that they can experience connection and fullness of life for themselves at their own pace. We believe such a space is desperately needed for our times when the world has lost its shine. Would you consider being part of building such a place with us?

These are the goals for our church during these 40 days of faith.

- 1) That we'll come to a new level of empowering connection and 'fullness.'
- 2) That we'll become a community more connected around this purpose.
- 3) That we'll become known for enabling friendship with the living God.

Would you consider praying for these goals every day for the next 40? And not only to pray, but to actively seek to contribute to achieving these goals? It doesn't matter whether you are just new to our church or you've been contributing consistently (thank you!). If this is of interest to you, would you consider joining in this endeavor?

That's part of what it means to get tangled up in the purposes of God so that we ourselves can experience 'fullness of life.' In that spirit, please ask God whether you might stay long term in NYC to share in this purpose, to consider part of your life legacy as contributing to building this space where people can come and experience connection and fullness because of the risen Christ active and alive in our midst.

As part of that, it'd be awesome if you could listen to my sermons (they're on our website) on the recently concluded 'Parables for the Secular Age' sermon series. They contain several key insights from Jesus that are the basis of why we do what we do.

3 ideas for pursuing a life of fullness.

Wouldn't it be awesome if you came out of these 40 days feeling more connected and more alive than ever before? We have 3 thoughts about things that—we hope!—can really help.

1) Pray 5 Psalms a day during the 40 days.

For 3,000 years, God's people have learned how to pray through one primary means—regularly praying the actual words of the 150 Psalms as if they were their own prayers. This continued right up until the 19th century, when some German theologians decided this was an outmoded idea and lobbied against it so effectively that the practice largely died out. But, it's resurging as a practice again, we think could be a key benefit for you.

Why pray Psalms?

It seems that God gave us the Psalms to be prayed. When we pray Psalms, we're taking on a much greater identity than we actually have. We pray with David as he faces thousands of enemies. We pray in utter despair. We praise God as if our most intimate and awesome dreams have just come to pass. We pray as if we've been ruinously slandered by our closest friends. As we take on these roles—in actual prayers to an actual God—it seems to me that we find our own soul being expanded. Suddenly our concerns go beyond just our immediate needs, and that does something powerful to us, to our whole sense of identity, to our dreams for our future.

My favorite giant of faith, St. Patrick prayed 100 psalms each day. The Celtic heroes of faith in 5th to 8th century attribute that one spiritual practice as being the thing most responsible for making them who they were.

How do we pray Psalms?

First, if at all possible, **pray them out loud**. Everyone I'm in touch with who prays Psalms says this is way more potent than doing them silently. And, in the history of the church, they've mostly been prayed out loud.

Then, **pray the actual words of each Psalm**. Then, if you want, **pray what they bring to mind about your life**. I often receive a fair amount of benefit by taking maybe 20 seconds after each Psalm to, usually without any real thought, just pray—out loud—whatever comes to mind in reference to my life or my family or our church or the world at large. In that process, adapting the words of the psalms to your particular situation can feel very powerful. For example, when David prays for deliverance from his enemies, you could use those words of David to apply to your difficult situations.

A few other suggestions and comments:

To my mind, **praying from a modern translation is best**. We aren't going for style points here—whatever feels like language that you can best relate to is going to help you the best. I like NLT or NIV for that purpose. If you don't have a modern Bible, please let us know. We'd be happy to supply you with one.

When the Psalm talks about “enemies,” think “evil spiritual beings.” Some of the language in the Psalms against their human enemies seem extreme and violent. In their time and culture, such language was commonplace and culturally very acceptable. In our times, it would not be appropriate to encourage such hostility. That said, if the Bible's right, we are all plagued by evil spirits that are hell-bent (pun intended) upon ruining our joy and our life with God. (for example: the condemning 'self-talk' in our heads) And it would be entirely appropriate to ask God to destroy them utterly and protect me from them!

Why Five?

Obviously the number is a little random. But a lot of the benefit of praying Psalms seems to come from volume. The more we pray, the more we get into the whole world of the Psalms. And experience suggests that's a great thing. Five psalms could take you as little as 5 minutes... or more, depending upon the length of the Psalms in question and how much you like extrapolating your own prayers from them.

What if I miss a day?

Oh well, such things happen. Just jump back in the next day. But I do find goals are helpful, and I'm shooting for 5 out of every 7 days. Sometimes I miss, but then I do my best the next day.

2) Study the life of Jesus each day.

The rest of this user's guide will be—we're hoping!—a pretty gripping, helpful and manageable walk through Mark's gospel.

We are going to break up Mark's gospel into 40 sections, so you'll be reading about a third of a chapter a day. Pretty manageable we hope! Each Sunday, you can pick up the Bible Guide for that week or you can go online and print it yourself.

We believe 'life of fullness' comes from actual connection to the risen Christ. What better way to move forward in that purpose than spending some time getting to know Jesus better through the Gospel of Mark? It will be a kick to do this **together**.

3) Consider fasting in some way.

You might have noticed that when people really wanted something from God in the Bible, they almost always fasted. In fact, this period of six weeks leading up to Easter is called 'Lent.' Traditionally, people of faith fasted during this time to prepare themselves spiritually for Easter. What powerful way to experience more of God by joining in with over a billion people of faith in fasting?

What does fasting do?

Fasting tells God and our own spirits that we are desperate for God to meet some need or hope. During the 40 days of faith, we're really hoping for God to do a lot, for you personally, for your five and for all of us as a church.

Though fasting—in any fashion (and we'll talk about some options in a minute)—is, by definition, hard, it's actually meant to be a joyous opportunity. Suddenly we're really serious about something with God; we're really expecting him to come through; we aren't just playing around. That can often be exhilarating!

What are options for fasting?

Well, first off, fasting often involves abstention from food in some way. In shorter fasts, that can be a total abstention from food. These are usually called "**water fasts**," because water is the only thing going into us. For the most part, I don't recommend these at any length beyond a few day's time, because after that, health problems can ensue. (Clearly God can speak and call you into anything—but I'd just be aware of the risks if you water fast for more than a week, and be in good touch with a doctor.)

Also, I DO NOT RECOMMEND WATER FASTS IF YOU'VE EVER SUFFERED FROM ANY EATING DISORDER. Forgive the stern words and printing, but this is a biggie. Those in our midst who've suffered from eating disorders historically have a difficult time separating this sort of fasting from the very motivation that drove them to the disorder, and thereby risk serious health problems. There are other great fasts that will do you a lot of good, if you've been in this situation, and can I ask that you'd pursue those?

Other food-abstention fasts involve imposing some sort of **conditions** on our eating over a period of time. This can involve anything from giving up some beloved food item for a time to something more challenging, like the so-called "**Daniel fast**," which involves abstaining from everything but vegetables. People often pursue "**juice fasts**." Again, this would customarily apply to shorter fasts, but it's just like a water fast, except you're allowed to drink juice.

Are there any non-food-related options?

You bet! Fasting from **television** is a popular choice, for example. Fasts can really involve, under God's direction, doing without anything that feels costly to give up for a season. I've heard recently about fasts from criticism or from catalogs.

What does it mean to fast "for" something?

If you fast, I'd encourage you to let God know, frequently, what it is you're fasting for. Now in these pages I've already proposed plenty that would fit the bill. Maybe you're fasting for your answers to what you want God to do for you during the 40 days. Or maybe you're really passionate about fasting for our church to fulfill our calling. (Please do, if you feel so led. ☺) But I do think it's a great idea to ask God to give you direction for the specific thing or things you're fasting for.

Does fasting help us lose weight?

The answer, from all reputable sources, is, "No, not really." Isn't this one of life's colossal bummers? There are 2 problems that keep this from being, for most people, about weight loss. First, once we've fasted (from food) for awhile, our metabolism slows way down (a good thing if we were ever to face famine!). Second, sadly, it seems to be human nature that, whatever weight we lose in fasting, we quickly put back on once we resume our previous diet. Now, the upside of this truism is that we really can let God know that we're doing this because we want deeper desperation for and connection with him. This really is about more than body image.

SOME FINAL THOUGHTS & FAQ's

First, congratulations! You've made it though the whole roadmap for the 40 Days!

How long might it take to do this stuff each day?

I'd think these spiritual exercises could take as little as **half an hour each day**. Or they could take as much more time as you chose to give them. (The length of the day's Psalms will also affect the time.) So that's some real time. But, as we said, this is a unique season of growth in God. I'm really not sure how to accomplish that apart from at least **some** time.

And, that said, if you're like my friends, you'll get a total kick out of every minute. You'll just love praying your 5 Psalms. You'll love learning more about Jesus from Mark's Gospel. You'll love praying and believing God. So, hey, if it's going to be a whole half hour a day, at least it will most likely be one **awesome** half hour each day!

Could you summarize the steps so that I can, like, post them on my refrigerator?

Sure! But before I do that, let me just close by reiterating how excited I am for this season, and how eager I am to see what God does for all of us. I'm praying for you!

Charles

40 DAYS OF FAITH -- Summary

Goals for you during the 40 days:

- 1) That you'd experience at least one concrete gift from God.
- 2) That you'd experience closer connection to God, yourself, and others.
- 3) That you'd experience getting closer to the life of 'fullness' Jesus offers.

Goals for our church during the 40 days:

- 1) That we'll come to a new level of empowering connection and 'fullness.'
- 2) That we'll become a community more connected around this purpose.
- 3) That we'll become known for enabling friendship with the living God.

3 STEPS TO CONSIDER

Step 1: Go hard after what you're hoping God will do for you.

- Ask Jesus for something specific that he'd like to do for you during these 40 days to make your life better.
- Ask Jesus for how he'd like to make your life feel better during these 40 days.
 - Ask God for these things every day during the 40 days.
 - Tell someone else what you wrote down and ask them to pray for you about those things too.
 - When you see answers, please TELL US!

Step 2: Go hard after what you're hoping God will do for My Five.

- Pray daily for each of My Five.
- Ask God for the right moments to take on the "steps of faith."
 - 1) Initiate social time with one of 'My Five.'
 - 2) Ask your five about their thoughts on 'fullness of life.'
 - 3) Tell a story of answered prayer.
 - 4) Ask your five for prayer requests.
 - 5) Pray for some of your five in person.
 - 6) Invite them to Sunday service or a neighborhood dinner.

Step 3: Go hard after what you're hoping God will do for your church.

1. Pray each day to make The River a place for connection and fullness.
2. Pray for a group of people to band together to build such a place of faith.
3. Ask God whether you might be called to be in that band, perhaps even to stay in New York for the longer term—to be a part of building this church!

3 Ideas for Pursuing a Life of Fullness

- 1) Pray Five Psalms a day during each of the 40 days.
- 2) Study the life of Jesus each day.
- 3) Consider fasting in some way.