

What is 40 Days of Faith?

The season leading up to Easter is a time to lean into experiencing more of God's goodness with spiritual power. Our theme this year is "New Creation" and we're looking at Jesus' famous Sermon on the Mount in Matthew 5-7. In it Jesus presents a compelling vision of a new type of human being who is free from the walls and alienations that get in the way of fullness of life.

How Does it Work?

Please carve out a little time each day, Monday through Friday, to follow along with this Daily Guide. We'll provide lots of thoughts and suggestions to try each day. And if you miss something, don't worry; just pick up where you can.

Should I Fast?

Fasting has been a central element of Lent for many people over the centuries -- people often give up sweets, coffee, alcohol, TV etc. etc. But it's important to do it from the right mind-set. Fasting does NOT make you more holy and acceptable before God. Rather, fasting is a time-honored way of communicating to God (and to ourselves) that we are seriously pursuing Him. Though fasting is, by definition, hard, it's actually meant to be a joyous opportunity! Each week we'll present ideas for how to effectively fast.

What do you want Jesus to do for you?

"40 Days of Faith" is a great time to pursue God for something you need or want -- maybe even a miracle. We like to call this "The Big Ask". Now, of course, the risk of praying every day for something you actually want is that you may not get it and then you'll be disappointed. Miracles are by definition a long shot. So why expend all that energy and faith when we know we could be let down?

First, many prayers DO get answered, way more than the probabilities suggest. Second, whether our prayers get answered or not, our connection with God can get strengthened - and that's always a good thing! So, we ask everyone to pray with all their hearts, but at the same time hold it loosely, trusting in God to do what's good for us. What's your "Big Ask" during this season? Write it down and start praying!

How Do I Get the Most Out of "40 Days of Faith"?

Stay connected! A key part of the 40 Days of Faith experience is to gather with others who are also giving it a go! So, try to come to every Sunday service that you can. Not only will you get helpful sermons about how to become free of the walls that rob us of life, you will have the best chance of experiencing the 'luminous fire of the presence of God' as we gather together. In addition, we encourage you to check out our weekly Lifegroups. We've found that the more connected you are during the "40 Days of Faith" the more you benefit you will experience.