



40 Days of Decrease: A Different Kind of Hunger. A Different Kind of Fast.

Alicia Britt Chole

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Intuitive, prophetic, and profoundly inspiring, calling forth a revolution of soul health, stirring our passion to know Jesus more.”

—**DARLENE ZSCHECH**, Composer, Worship Leader, Pastor, and Speaker

“God has sounded a clear chord of revelation through Alicia Chole. God uses her to lovingly guide the reader into recognizing His presence, purpose, and power in times of necessary loss.”

—**DR. CLAUDE R. ALEXANDER, JR.**, Lead Pastor of The Park Baptist Church, Charlotte, NC

We ache deep within to meaningfully honor Christ’s resurrection. Yet, in practice, this focal point in the liturgical calendar is often a celebration of public holiday more than it is of humanity’s hope. At day’s end, we fall asleep well-fed and perhaps even grateful, yet still somehow something short of awed. Enduring awe is rarely the fruit of a morning’s celebration. Enduring awe is the fruit of daily participation with Jesus, our resurrected Love. *40 Days of Decrease* invites readers to walk with Jesus through the holy decrease of less and loss that led Him cross-ward and beyond. Each day offers a meaningful consideration of Jesus’ journey through reading and reflection and then issues a challenging daily fast. Instead of social media, chocolate, and designer coffee, *40 Days of Decrease* calls communities to a Lenten fasting of apathy, injustice, resentment, hypocrisy, and more for the love of God. After all, in the same way self cannot satisfy self no matter how long it feasts, self cannot starve self no matter how long it fasts. Decrease is only holy when its destination is love. We thin our lives to thicken our communion with God.

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James Cooper:

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