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The 40 Day Soul Fast: Your Journey
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The 40 Day Soul Fast Curriculum is an

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The 40 Day Soul Fast: Your Journey to Authentic Living ...

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The 40 Day Soul Fast: Your Journey

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to Authentic Living ...

2 TBS fresh lemon juice (approx. 1/2 lemon) 2 TBS genuine grade B maple syrup 1/10 tsp cayenne pepper (red pepper) 10-16 oz distilled, spring, or purified water. Combine the lemon juice, maple syrup, and cayenne pepper in a large glass or mug and fill with cold or hot water. How to Break the Master Cleanser Fast:

The 40 Day Soul Fast Handbook
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

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the book of Matthew ...

40 Days to Discovering the Real You: Learning to Live ...

After completing a few 10-day fasts, then you'll be ready to try fasting for 40 days. Give Pray Fast: The Fail-Proof Action Guide to Finish Your Fast One of my dear sisters in Christ, Rennie Ling, has written a wonderful guide to help people find the larger purpose in fasting.

Fasting for 40 Days | Donna Partow
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Let YOUR Journey Begin! Get ready to experience the best 40 days of your life! The 40 Day Soul Fast 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.

Soul Fast

The\$40\$Day\$Soul\$Fast\$Calendar\$
Sunday \$Monday\$ \$\$Tuesday\$
\$\$\$Wednesday\$\$\$\$Thursday\$
Friday\$Saturday \$ \$ 1\$! Awareness!
2\$ \$ Godliness! 3\$ \$ Truth! 4\$

40DayCalendar - Soul Fast

Cindy Trimm (Goodreads Author) 4.51

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kingdom life within you, a fire within you . . . changing you from the inside out . . . make a ...

Soul Fast - books

40 Days to Discovering the Real You: Learning to Live Authentically. by. Cindy Trimm (Goodreads Author) 4.61 · Rating details · 31 ratings · 2 reviews.

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40 Days to Discovering the Real You: Learning to Live ...

Each of the statements reflects one of the 40 characteristics of an authentic person—beginning from how authentic

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you are with your own self to how authentically you relate to others. As you will discover from reading the book or working through the journal, each day of The 40 Day Soul Fast focuses on one of the 40 characteristics—each ...

Soul Fast - aq

Fasting these first few days can be difficult, but there are mental and physical benefits. Mentally, the act of fasting is an excellent way to exercise your willpower. Similar to the strength runners might feel after pushing their body to run that extra mile, people who choose to fast can feel strength as they fight through those natural urges ...

The Stages of Fasting: What Happens To Your Body When You ...

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