



The Forty-Day Word Fast: A Spiritual Journey to Eliminate Toxic Words From Your Life

Tim Cameron

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At some point in your Christian walk you may have fasted from food, television, or other things in order to refocus and rekindle your relationship with Christ. Fasting may even be a frequent part of your prayer life. But have you ever fasted from words? The truth is that even if you consider yourself to be a positive person, you still use damaging words that plague your life and rob you of the spiritual growth you desire.

Change your words. Change 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. “For out of the abundance of the heart the mouth speaks” (Matt. 12:34 nkjv). With this guaranteed effective form of fasting you will be challenged to eradicate from your speech all words of... Judgment Criticism or sarcasm Negativity Complaining Gossip

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From Reader Review The Forty-Day Word Fast: A Spiritual Journey to Eliminate Toxic Words From Your Life for online ebook

Aynne Cynar says

Good medicine for all

Reading this book is like going to a doctor and finding out more is wrong than originally suspected. If you think you're fairly healthy in your speech, and ensuing thoughts, you might discover the illness that afflicts most of us. But, the great news is Mr. Cameron gives us a prescription for change. The insidious creep of negativity can disguise itself as righteousness. I want to speak the language of Heaven and, by identifying the six speech obstacles outlined in this book, I am becoming fluent.

Kathleen Lancia says

This may have been a great book for most people, but I lost interest quickly, ending in not enjoying the book. Maybe I will try to reread this in a few months and see if I feel differently.

Jessica says

The power of life and death is in our words!

Julee Baysinger says

A quick read with practical advice. One to reread again and again.

Ronit says

The message in this book is really important for the church to learn. God has been revealing a lot of the same things to me over the past year and it was great to have those lessons reinforced through the 40 day fast. If you enter into this fast, do it for real. remember God has grace for your mistakes and there is a balance that needs to be struck between saying only encouraging words and speaking the truth, even when it is hard, but always in love. Don't just swing from one side of the spectrum to the other, find the balance by walking in the spirit of Christ.

Alisha says

I'm still going through the journaling process of the 40 days at the end of the book, but I have finished reading the actual text of the book. Really awesome insight that Tim Cameron brings to the table. Biblically

based and some qualities presented in a way I hadn't thought about, it has left me really pondering what he said each day and changing what I say and don't say, conversations I take part in (and step out of), and how I speak to my family, specifically. A great read for anyone, but especially women, as our mouths are prone to more of these negative qualities by nature. Highly recommend!
