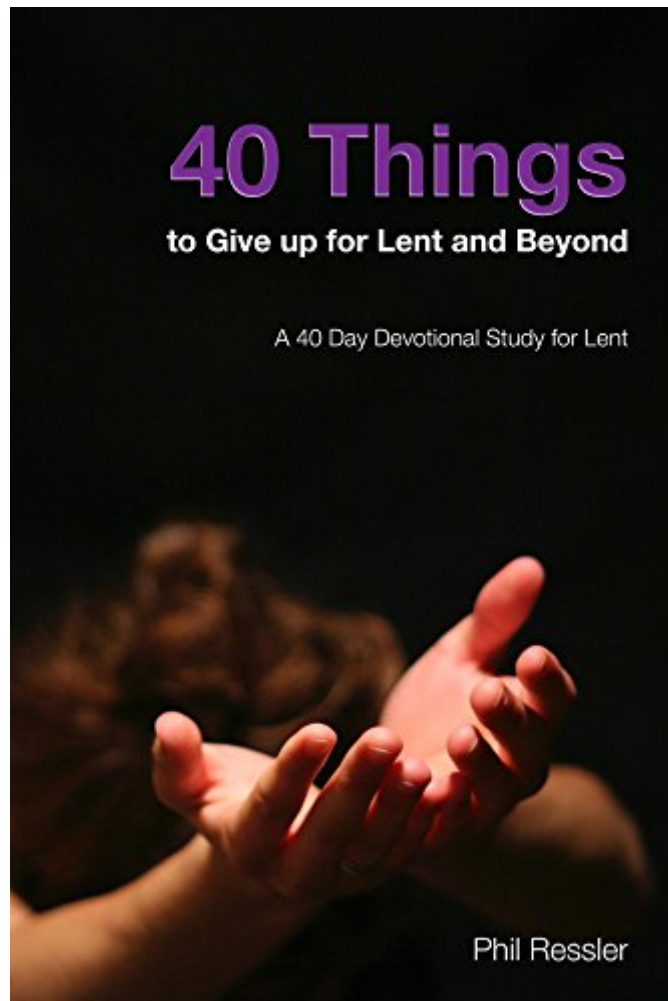


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# 40 Things To Give Up For Lent And Beyond: A 40 Day Devotion Series For The Season Of Lent



## Synopsis

Have you ever wondered what to give up for Lent? Join us on this 40 day adventure through the season of Lent. Each day you will make a new discovery of something truly worth giving up. These 40 things are worth giving up not just for Lent, but for the rest of your life. You can give up things you eat and drink such as soda and chocolate. You can give up bad habits such as smoking or staying up late. But in this devotion you will look at giving up things which will transform your life. You will give up things like bitterness, loneliness, envy, and more. 40 Things to Give up for Lent is a powerful journey that will take your observance of Lent from ordinary to extraordinary.

## Book Information

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## Customer Reviews

A different take on what to give up for Lent. This isn't about giving up small creature comforts or guilty vices (like your favorite soda or candy bar). This is about making life changes that will help you through the Lent season, and throughout your life. All of this is backed with Biblical principles and references. There is a lot of wisdom in these pages, making this book something you can reference any time of the year, or even each Lent season. Each section is broken down into bite size chunks, making this a great devotional for the Lent season, or any time of year. Highly

recommended if you are seeking to grow closer to Jesus, or even just seeking self-improvement through Biblical principles.

Such a great devotional, and not just for the 40 days of Lent! When it says "and beyond" in the title, it means that these teachings are good 365 days a year. The meditations are easy reading, the questions are thought provoking, and the passages are short. You can finish these in less than 10 minutes, but they'll stay with you for days to come. I would recommend this little gem to anyone wanting to pinpoint things in their life they might need to "clear up."

A 5 rating seemed reasonable based on what I felt I got from this book. Each chapter lead me on a new adventure in my quest for a closer relationship with my Christ! This devotional was very well written and from the heart. Thank you Pastor Ressler for a most loving and informative epistle!

Each reading addressed common challenges from a faith perspective. Anyone can benefit from taking time to reflect on what to give up, in light of their own faith journey. My experience was transformational.

As a non-denominational Christian, I have never felt compelled to participate in Lent, and sometimes found that the things "given up" by friends and acquaintances were somewhat silly or ridiculous. What did giving up bubble gum or soft drinks have to do with real sacrifice? Giving up cursing - should that even be considered a sacrifice since we are told to avoid it anyway? Giving up "fast food" and defining that by any restaurant that had a drive-through window - really? But this book gave great ideas of things to give up that actually made sense and improved spirituality by encouraging maturity and reflection. Getting rid of Impatience, Comparison, Over-commitment, Impurity, Apathy - along with scripture, questions to consider, action plan and reflection for each day - truly can make a difference in your daily walk. I joined an on-line study and got one concept by email each day, but decided I wanted the book and plan to follow it each year in the future.

This book is a definite keeper. Pastor Ressler cleverly uses Lent to urge the people of God to start living according to the Word of God! Put another way, the use of this book should most certainly not be restricted to the Lenten Season. That is why I said it is a keeper.

This booklet should be in everyone's hands. It hits on all of the ways one can improve in areas that

are most often problems. It will be read by me more than one time. I highly suggest it to churches that look each year for a Lenten study

Using this book was a very helpful way to make my way through the season of Lent. Each day was a prayerful exercise to help me reflect on different types of "negative" behaviors I could change or work on. I highly recommend this book.

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