

DAY 1

Dear Friend,

Here we go--

If you'll stay with me for the next 40 days, there is no limit to what great things can happen in your life. Our 40 day journey begins today!

Each day, you will get an email from me, identifying a thought that we will FAST from.

I want to be clear about this: "fasting" is not about food. It's about "abstaining" from something. In our case, we are abstaining or GIVING UP wrong ways of thinking.

This is simple. Too often, we make things harder and much more complicated than they really are.

Jesus said, "Take My yoke upon you, for My yoke is easy and My burden is light." He did the heavy lifting. Now our job is to 'enter into His rest', by believing what He has already done for us.

Today's thought that we are fasting from is simply: "I can't..."

There are so many things that we think we CAN'T do.

I can't change. I can't believe that. I can't go on. I can't make it. I can't forgive. I can't recover. I can't get it done. I can't find a job. I can't find a spouse. I can't go back to college. I can't pay the bills. I can't figure this out...and the list could go on and on.

Believe me, this MENTALITY and ATTITUDE, sets us up to fail, to quit, and to live a negative existence. It is a poisonous thought that we must no longer eat or drink of.

From TODAY ON...we're replacing this thought with: "I can".

Philippians 4:13 says: I CAN DO ALL THINGS THROUGH CHRIST WHICH STRENGTHENS ME.

There's a saying that goes: "if you think you CAN or you think you CAN'T, you're right." Either way, you're right, because as a man thinks, so is he (Proverbs 23:7).

The Spirit of God lives in you. You CAN do what HE CAN do in you. 1 John 4:17 "As He is, so are we in this world."

1. Think it: "I can"

2. Say it: "I can".

3. Meditate on Philippians 4:13, "I can do all things through Christ which strengthens me!"

4. Give up the thought that there is anything you CAN'T do. GET IT OUT OF YOUR VOCABULARY.

Stop yourself every time you feel like saying it OR correct yourself if you do say it.

Got it?

Lets roll!

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