

## DAY 2

Dear Friend,

Welcome to: **Fast From Wrong Thinking**. Over the next 40 Days you'll receive an email from me with one area of wrong thinking to fast from. I'm confident this is going to be a life-transforming period in your life, as it has been already for so many other participants. (To make sure you receive these emails, make sure to enter my address, [stevenmstafford@sbcglobal.net](mailto:stevenmstafford@sbcglobal.net) into your address book).

Fasting is big now, but fasting from wrong thinking has been unheard of, until now. God has called me to call our nation and the body of Christ around the world to fast from wrong thinking—that's when we're going to see real change in our lives—lasting change.

The Kickoff for your 40 day fast from wrong thinking begins Today. Tomorrow, you're going to get a fuller introduction. But I want to get you started EARLY with this added thought:

The first thought I want us to fast from is the thought that says, "It's hard to change. I don't know that I can change. It's too late to change. I don't know how to change. "

These thoughts keep us limited, and defeated. They take our incentive away from believing God and trusting Him to do what He said he would.

All of us have thought these thoughts about some area of our life, whether with our weight, our family situation, our anger, or finances. Got it?

Let's fast from this thought. Give up this thinking by replacing it with the following thoughts:

1. I can do all things through Christ, which strengthens me.
2. Romans 2:4 says that it's the love of God that leads us to repentance (or change).
3. Philippians 2:13, says "For God is working in you, giving you the desire to obey him and the power to do what pleases him." New Living Translation

Declare your ability to do all things. And saturate in God's love today. And trust in His work in your life.

THERE IS NO DOUBT THAT the process of change that you're looking for will occur as you follow these steps.

Got it? Lets roll!

Steven Stafford

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