

## Week One:

# The Power of Forty

## *Enlarging Your Capacity*

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Welcome to the first week of the 40 Day Soul Fast! I will be journeying with you over the next eight weeks as we explore the life of the soul, the beauty of inner healing, and how to live more authentically from here on out.

Today, I want to talk to you about why we have set aside a period of 40 days to focus on the life of our souls. Why is this particular period of time so powerful?

Throughout the Bible, significant time periods have been marked by increments of forty. This is because the number forty represents *transformation*.

In today's church calendar, the most significant forty-day period marks the time of Lent. This special time of fasting leads up to our celebration of the most life-transforming event of all -- the Resurrection of our Lord and Savior Jesus Christ.

As we prepare our hearts to celebrate all that Christ's Resurrection means not only to us personally, but to all of humanity, it is only appropriate that we take time to declutter our souls from those things that keep us from walking daily in the fullness of that knowledge.

What is keeping you weighed down and burdened day by day? What are the things cluttering your mind and weighing on your heart?

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**It is time to free our souls from the toxins keeping them bound in negativity, unrest, confusion & despair.**

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This is the true purpose of a fast. A physical fast for spiritual enrichment is for the purpose of eliminating those things that distract us from the truth of God's Word or deter us from following His Spirit more accurately.

This is the purpose of Lent as believers everywhere prepare their hearts to live more fully in the resurrection life promised when Christ rose from the dead two millennia ago. It is a time to free our souls from the toxins that keep them bound in negativity, unrest, confusion, fear, and despair.



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As spring approaches, we are called to shake the dust from the curtains and throw open the shutters to the full light of God's glory arisen upon us. *"Arise, shine, for your light has come, and the glory of the Lord has risen upon you!"* (Isaiah 60:1). I think of where Paul admonishes the Ephesians *"Awake, O sleeper, and arise from the dead, and Christ shall shine (make day dawn) upon you and give you light"* (Ephesians 5:14 AMP).

**For this very reason I created *The 40 Day Soul Fast*.**

*The 40 Day Soul Fast* is designed to empower you to cleanse your soul, renew your mind, unclutter your spiritual life, and hear from God more clearly—all for the purpose of resurrecting Christ in you and maximizing your own divine potential.

## The number forty represents transition and metamorphosis—a time of testing and transformation.

Why forty days? It is certainly interesting when you begin to look through the Bible for examples of how God used periods of forty to mark great times of transition.

- God cleansed the earth by causing it to rain for forty days and forty nights.
- Moses was exiled for forty years before God sent him to liberate Israel from Egyptian slavery.
- Moses was alone with God on Mt. Sinai for forty days three different times before he finally presented the Ten Commandments to Israel.
- Spies searched out the land of Canaan for forty days . . .
- and because the children of Israel believed their fearful report, they were forced to wander the desert for forty years before entering the Promised Land.

**The number forty represents transition and metamorphosis—a time of testing and transformation.** After forty days, a human embryo becomes recognizable as a living child in the mother's womb. After forty weeks, the child is born into the world. **Forty represents a period of gestation, new birth, or renewal.** A caterpillar that withdraws into a cocoon emerges after forty days as a butterfly.

**Most significantly, forty represents a time of cleansing and regeneration.** Again, look at the 40-day flood used to cleanse the earth. And did you know harvests generally take place in forty-day cycles?



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## **In biblical numerology, forty relates to the period of probation before the fulfillment of a promise.**

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What's so remarkable about the number forty?

In astronomical terms, forty days can be used to almost perfectly measure the rate of each passing solar year. In biblical terms, forty years represents a generational cycle. In biblical numerology, forty relates to the period of probation before the fulfillment of a promise.

It is the product of five and eight, pointing to the action of grace (represented by the number five) leading to restoration and new beginnings (represented by the number eight). When it relates to capacity building and “enlarging dominion,” it does so by virtue of its factors four and ten, representing completeness and divine order, respectively.

Look at the sequence of events that took place in the New Testament when Jesus ushered in a new era of authority and dominion. After He was baptized and before He stepped out into the fullness of His ministry, the Spirit led Him into the wilderness where he was tempted for forty days and forty nights. After His resurrection from the dead, He remained on earth teaching His disciples for forty days before ascending into heaven—His earthly ministry and extended rule (through a body of believers filled with His Spirit) complete.

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## **Throughout the Bible, the number forty is associated with deliverance and kingdom expansion.**

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We all know the story of Goliath who terrorized the army of Israel for forty days before David slew him. For the next forty years David seized unprecedented victories over Israel's enemies even while a jealous King Saul attempted to kill him. When at last he became king, David, and then his son Solomon, each reigned for forty years of unprecedented peace and prosperity.

When Israel fell into sin, they were delivered into the hands of their enemy for forty years. Interceding on their behalf, Ezekiel the prophet bore their iniquity lying on his side for forty days. In the time of Jonah, Nineveh was given forty days to repent—but long before that, the whole earth was prepared for the glory of the Lord by being thoroughly



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cleansed by forty days and nights of purifying rain.

Throughout the Bible, we see the number forty being associated with deliverance and kingdom expansion. It marked significant periods of preparation and transformation in both the Old and New Testaments—from Noah to Jesus.

Consecrate the next forty days to clearing your mind, liberating your soul, and freeing your spirit by seeking first the kingdom of God and His righteousness. For it is for freedom that Christ has set you free (see Galatians 5:1)—*“freedom from all the distresses that are experienced as the result of sin and upon which your peace—your security, safety, prosperity, and happiness—depends!”* (Luke 19:42 AMP).

**By cleansing your life from the inside out, you will see all things become new in every area of your life.**

Please join me as we prepare our hearts for a fuller manifestation of God’s glory to be revealed in our lives.

***“Investigate my life, O God, find out everything about me;  
Cross-examine and test me, get a clear picture of what I’m about;  
See for yourself whether I’ve done anything wrong—  
then guide me on the road to eternal life”*** (Psalm 139:23 MSG).



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