



# 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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