

## **40 Day Negativity Fast Igniting Faith in 40 Days**

### What a Negativity Fast is Not:

1. It is not denying that problems exist
2. It is not “stuffing things” that are wrong
3. It is not critical of others who may be struggling
4. It is not irresponsible concerning things that need to be done

### What a Negativity Fast Is:

1. It is determining to focus more on God’s promises than on problems
2. It is learning to speak with hope about even the toughest of issues
3. It is becoming “solution focused” rather than “problem focused”
4. It is refraining from react giving voice to pessimism, criticism of others, self-criticism and other forms of unbelief.
5. It is speaking about problems to the right people in the right way
6. It is replacing negative words & thoughts with positive words & thoughts based on the promises of God