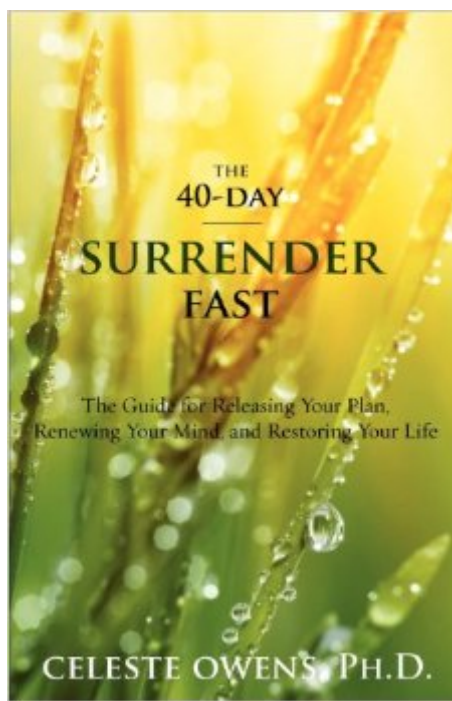


The book was found

# The 40-Day Surrender Fast



## Synopsis

"FORTY DAYS AND A SURRENDERED HEART WILL CHANGE YOUR LIFE." Those were the words that author Celeste Owens wrote to over 100 bloggers in 2010 who decided to take her up on her claim. They gave God 40 days and their hearts, and He did the miraculous. This book is the fruit of their time with Him. Do you sense God calling you to a new season, but fearful of releasing your plan? Dr. Celeste personally understands the challenges associated with releasing control. Incidentally, the surrender fast was birthed from her desire to do and be something new in God. In this book, she will help you: release your plan for His, renew your mind through the process of surrender, and be restored to right relationship with God, yourself, and others. The 40-Day Surrender Fast is not only a devotional, but a unique opportunity for you to experience God in a new way. Forty days and a surrendered heart WILL change your life.

## Book Information

Paperback: 182 pages

Publisher: Good Success Publishing (August 14, 2011)

Language: English

ISBN-10: 0983789509

ISBN-13: 978-0983789505

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (77 customer reviews)

Best Sellers Rank: #9,846 in Books (See Top 100 in Books) #49 in Â Books > Christian Books & Bibles > Christian Living > Devotionals #104 in Â Books > Christian Books & Bibles > Worship & Devotion #1976 in Â Books > Religion & Spirituality

## Customer Reviews

The 40-Day Surrender FastÂ This is an excellent approach to fasting. The writer speaks from her experience as well as the experiences of 100 bloggers. This is an easy step by step 40 day journey to changing the things that block us from becoming our best selves. This book will help you to uncover the things that have you stuck and gives you the tools to personal success in your life, relationships, career, etc. Thanks Dr. Celeste for a fasting book that make you feel as though you are walking along side us through our journey. It is comforting to know that you have gone through this and received great success. I know this is possible for me as well. Revision: I finally finished my fast and had some amazing breakthroughs. During my fast I wanted to have a breakthrough from

procrastination and lack of consistency. I had been working on a certification that should have taken me 6 months to complete but was taking me over 2 years to finish. I couldn't seem to complete the tedious paperwork. I would start and then stop. As I prayed and completed the assignments in the "40 day Surrender Fast" book, I began to see some breakthroughs. On day 37, I completed my certification package and was notified yesterday that my certification was approved. Praise God for this breakthrough and Dr. Celeste for answering the call to write this annointed book. I highly recommend this book!

Dr. Owens approach to a unique way of fasting is EXCELLENT! The Surrender Fast is not just a fast, it's a LIFESTYLE. Now if ever I have a concern, worry or even a unusual, unexpected event to occur in life, I SURRENDER it and watch God come through every time. I have incorporated the Surrender Fast in my every day life, even when the designated time for the fast is over I enjoy repeatedly reading it as a daily devotional. If your looking for a NEW PERSPECTIVE on life, The 40 Day Surrender Fast will definitely give you one!

I entered this fast on the heel of hurt, betrayal and an emotional roller coaster. A day before being introduced to the fast by my "bestest" friend, I was awakened the morning with a desire to come in closer, closer to God. As a matter of fact, I asked Him to draw me to Himself. I reached out my arms in space, as if reaching for something tangible, and said, "God, I want more...I want to know how to love you more so there is no space that can between us...Draw me...pull me...draw me to You..."A few minutes later I received a call from my friend who said, "Hew, you've got to get this book! I just read a page that had your name written all up in it!" I immediately went online, downloaded the book, read the page and began weeping. God heard my cry for more of Him, and He knew what it required--The 40-Day Surrender Fast!The journey has been wonderful! I lost a lot of weight--fear, the past, rejection, low self-esteem, shame, pride... I know operate from and live in a place of absolute surrender to The Most High God. I aim to stay there as God and I have cultivated a greater love relationship. My focus on life and ministry (which is one in the same) has been renewed, and I enter each day empowered and renewed in Christ.The 40-Day Surrender Fast will most definitely be revisited in some form by me each year!Dr. Celeste Owens, thank you for your experience and transparency as you walked this journey with me. I look forward to meeting you in person, one day, to convey my gratitude. May God's richest blessings be yours.Love and appreciate you,HP

I was just finishing a 34 Day Daniel Fast and my "mission" was almost complete but still had a few

bumps in the road. I decided to give up TV since I had just done food and Dr. Owens leaves the choice up to you. The TV seemed to be my biggest distraction in getting things done. Working through this book and listening to the conference calls every night really helped me focus and have an allocated amount of time to focus on God. She gives scripture, "homework" and advice from a personal perspective letting you know that she just didn't write the book but she EXPERIENCED it! Thanks for taking us on this journey and allowing us to grow with you, it was great and I will definitely be joining again in September to work on a new "mission"

I have done this fast a total of eight times and am currently participating for the ninth time this Lenten season. I began my journey of The 40Day SurrenderFast during a period of my life when I was in transition. In the natural I had lost my job and was finding it very difficult to find comparable work in my field, I was becoming an empty nester, and my marriage was falling apart. In the supernatural God was shifting me from where I was to where he had predestined me to be. The 40Day SurrenderFast, a phenomenal work by Dr. Celeste Owens, provided me with the landscape to unpack somethings in my past and present, outline, reconstruct, and create the very foundation for who I have become today. As a result, I am indeed Surrendered For Life!

In my last week with a group doing the 40 day fast, it is not from eating so much, it is able learning and giving up those things that keep you from having a personal relationship with God. What a blessing. Celeste Owens is down to earth, and very intelligent and insightful.

I've read the book once already (last year) and received deliverance from idling! I purchased two additional copies for family members recently, so we could fast together. Each daily chapter is short yet power-packed with scriptural references and reflection questions, all of which are great ways to form a habit of spending time with God on a daily basis. I highly recommend this book to anyone seeking guidance to on fasting and deliverance.

The 40 Day Surrender Fast was a WELL-WORTH EFFORT in establishing the core principles we as Christians should be following. Dr. Celeste Owens is gifted and talented in her delivery methods, as are the people who work along with her during this initiative. I can't wait to begin the next cycle-Cycle 9, after reaching my goal during Cycle 8.

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