

3/2/25

Sermon – Forty Days to...

Scripture – See Below

Main Message – What will you be like after 40 days of.... _____ you fill in the blank!

In the Bible, 40 comes up a lot. It comes up so much that you can't ignore it. Spiritually it is an indication that something very profound is going to occur. There is something special about 40. Here is a list of 40 "DAY" things that changed everything. There are a lot of other 40s in Scripture, but let's just stick to these.

? **The Great Flood** – It rained for **40 days and 40 nights**.

☐ *Genesis 7:12* – "And the rain was upon the earth forty days and forty nights."

? **Moses Spent 40 Days on Mount Sinai (Twice):**

- **First time** receiving the law (*Exodus 24:18*).
- **Second time** after breaking the tablets (*Exodus 34:28*).

? **The Spies Explored Canaan for 40 Days:**

☐ *Numbers 13:25* – "And they returned from searching of the land after forty days."

? **Goliath Taunted Israel for 40 Days:**

☐ *1 Samuel 17:16* – "And the Philistine drew near morning and evening, and presented himself forty days."

? **Elijah Fasted for 40 Days and Nights:**

☐ *1 Kings 19:8* – "And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God."

? **Nineveh Was Given 40 Days to Repent:**

☐ *Jonah 3:4* – "Yet forty days, and Nineveh shall be overthrown."

? **Jesus Fasted for 40 Days and Nights:**

☐ *Matthew 4:2* – "And when he had fasted forty days and forty nights, he was afterward an hungered."

? **Jesus Appeared for 40 Days After His Resurrection:**

☐ *Acts 1:3* – "To whom also he shewed himself alive after his passion by many infallible proofs, being seen of them forty days."

Doing something for 40 days in a row makes a lasting impression *if* you're doing it for the right reason. So, the Catholic church has this period of lent which is the forty days prior to Easter Sunday. It has evolved over the centuries from strict fasting, prayer and repentance to a much more casual, do whatever you want thing. I think the concept of changing one's behavior for 40 days in such a way as to honor God and draw closer to him with a much more serious intent is a good thing. The celebrations that God has ordained in both the spring and fall feasts do that same thing, but on a different time scale. I like 40 days, because it is more impactful, valuable, can set new habits, and draw closer to God which is vital. Jesus, and others fasted for periods of 40 days. You can well imagine that fasting like that is definitely restricting oneself, but it is of little value if you aren't honoring God with that.

You do not need to do anything, but this one thing. Is there something you can do, undo, emphasize, change to put you on a path of drawing closer to God if you did it for 40 days. Might it cramp your style? I hope so. Might it convict you of a change that is needed. Yes Please! How do you go about it? Write down your 40 day challenge, post it in an obvious place, get an accountability buddy and share it, and do it. In 40 days, you will be 40 days older. By doing this with the right intent, you will still be 40 days older but changed depending on the commitment you make. You can fast, fast and pray, repent of something you've been hanging onto, or all the above. Just do it for the Lord.