

alicia britt chole

40 DAYS OF DECREASE

A Different Kind of Hunger. A Different Kind of Fast.



A PDF COMPANION TO THE AUDIOBOOK

Copyright © 2016 by Alicia Britt Chole

All rights reserved. No portion of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopy, recording, scanning, or other—except for brief quotations in critical reviews or articles, without the prior written permission of the publisher.

Published in Nashville, Tennessee, by W Publishing, an imprint of Thomas Nelson. W Publishing and Thomas Nelson are registered trademarks of HarperCollins Christian Publishing, Inc.

Thomas Nelson titles may be purchased in bulk for educational, business, fund-raising, or sales promotional use. For information, please e-mail SpecialMarkets@ThomasNelson.com.

Unless otherwise noted, Scripture references are taken from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com. The “NIV” and “New International Version” are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.™

Scripture quotations marked NASB are taken from the New American Standard Bible®, Copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation. Used by permission. (www.Lockman.org)

Library of Congress Cataloging-in-Publication Data

Chole, Alicia Britt.

40 days of decrease: A different kind of hunger. A different kind of fast. / Alicia Britt Chole.

pages cm

ISBN 978-0-7180-7660-3 (trade paper)

1. Lent—Meditations. I. Title. II. Title: Forty days of decrease.

BV85.C495 2016

242'.34—dc23

2015020807

Printed in the United States of America

16 17 18 19 20 21 RRD 6 5 4 3 2 1

DAY ONE

Today's Reading: John 12:1–11

DAY TWO

Today's Reading: John 12:12–19

DAY THREE

Today's Reading: John 12:20–28

DAY FOUR

Today's Reading: John 12:29–36

DAY FIVE

Today's Reading: John 12:37–43

DAY SIX

Today's Reading: John 12:44–50

DAY SEVEN

Today's Reading: John 13:1–7

DAY EIGHT

Today's Reading: John 13:8–17

DAY NINE

Today's Reading: John 13:18–30

DAY TEN

Today's Reading: John 13:31–36

DAY ELEVEN

Today's Reading: John 14:1–14

DAY TWELVE

Today's Reading: John 14:15–22

DAY THIRTEEN

Today's Reading: John 14:23–31

DAY FOURTEEN

Today's Reading: John 15:1–17

DAY FIVETEEN

Today's Reading: John 15:18–16:4

DAY SIXTEEN

Today's Reading: John 16:5–16

DAY SEVENTEEN

Today's Reading: John 16:17–33

DAY EIGHTEEN

Today's Reading: John 17:1–5

DAY NINETEEN

Today's Reading: John 17:6–19

DAY TWENTY

Today's Reading: John 17:20–26

DAY TWENTY-ONE

Today's Reading: John 18:1–11

DAY TWENTY-TWO

Today's Reading: John 18:12–14

DAY TWENTY-THREE

Today's Reading: John 18:15–18

DAY TWENTY-FOUR

Today's Reading: John 18:19–24

DAY TWENTY-FIVE

Today's Reading: John 18:25–27

DAY TWENTY-SIX

Today's Reading: John 18:28–32

DAY TWENTY-SEVEN

Today's Reading: John 18:33–40

DAY TWENTY-EIGHT

Today's Reading: John 19:1–6

DAY TWENTY-NINE

Today's Reading: John 19:7–16

DAY THIRTY

Today's Reading: John 19:17–27

DAY THIRTY-ONE

Today's Reading: John 19:28–37

DAY THIRTY-TWO

Today's Reading: John 19:38–42

DAY THIRTY-THREE

Today's Reading: John 20:1–9

DAY THIRTY-FOUR

Today's Reading: John 20:10–18

DAY THIRTY-FIVE

Today's Reading: John 20:19–23

DAY THIRTY-SIX

Today's Reading: John 20:24–31

DAY THIRTY-SEVEN

Today's Reading: John 21:1–9

DAY THIRTY-EIGHT

Today's Reading: John 21:10–14

DAY THIRTY-NINE

Today's Reading: John 21:15–19

DAY FORTY

Today's Reading: John 21:20–25

TABLE 1. PRE-NICENE TEXTS REFERENCED IN
SCHOLARSHIP REGARDING THE ORIGIN OF LENT

In between the “one day,” “two days,” or “forty hours” seen in the *Apostolic Tradition*, Tertullian, and Irenaeus and the “forty days” of *Canon 1 of St. Peter*, *Canons of Hippolytus*, and Origen, Dionysius of Alexandria and the *Didascalia Apostolorum* refer to a six-day “fast in the days of Pascha from the second day of the week.” At first glance, then, ancient pre-Nicene texts speak of a one- to two-day, or forty-hour, fast immediately preceding Resurrection Sunday; a six-day pre-paschal fast; and fasts of forty days.

APPROXIMATE DATES	ANCIENT WORK OR AUTHOR	KEY CONCEPTS AND PHRASES
c. 120–c. 202	St. Irenaeus of Lyons (Gaul)	fast, variety, one day or two, forty hours
c. 150–c. 212	Tertullian (North Africa), <i>Concerning Baptism</i> 19; <i>On the Fasts</i> 2, 13–14 (<i>Patrologia Latina</i>) ii, 956, 971–974.	one day, forty hours
2nd C	Didache	fast, baptism, preparation for the sacrament
2nd C	Justin Martyr in First Apology, 61	fasting, baptismal candidates
c. 185–c. 254	Origen, <i>Homilies on Leviticus</i> 10.2:5–6	forty days, fasting
c. 215 (if authored by Hippolytus)	<i>Apostolic Tradition</i> 2, 30, 2–9; 21, 1–5	final examination and preparation in the days before Baptism (ch. 20), fasting (ch. 23), fasting at Easter (ch. 33)
50 years after Origen?	<i>Canons of Hippolytus</i>	fast, the forty, God fasted on our behalf
d. 264	Dionysius of Alexandria	fast of up to six days
c. 313	<i>Canon 1 of St. Peter of Alexandria</i>	other forty days, bewailing their faults
3rd C	<i>Didascalia Apostolorum</i>	fast, days of Pascha, from the second day of the week

TABLE 2. POST-NICENE TEXTS REFERENCED IN SCHOLARSHIP
REGARDING THE ORIGIN OF LENT, PART ONE

APPROXIMATE DATES	ANCIENT WORK OR AUTHOR	KEY WORDS AND PHRASES
c. 335	St. Athanasius in his “Festal Letters” for the years 329–334 <i>Canons of Athanasius</i>	“holy fast,” forty-day fast prior to Holy Week forty days of penance fasting for readmission to Eucharist
381–384	Egeria in <i>Itinerarium</i> 30.1 or <i>Egeria’s Travels</i> [London 1971], pp. 128–39	forty-day fast, “Great Week” distinct from rest of Lent
385	Siricius, Bishop of Rome, letter to Himerius of Terragona in Spain	“forty-day” reference to a pre-paschal program for preparation of baptismal candidates
387	St. John Chrysostom in Antioch in <i>Homilies on Genesis</i> , 30.1–3	forty days of fasting
	Epiphanius for Cyprus	forty days of fasting
	Augustine is baptized at the Easter Vigil April 24–25, 387	

TABLE 2. POST-NICENE TEXTS REFERENCED IN SCHOLARSHIP
REGARDING THE ORIGIN OF LENT, PART TWO

APPROXIMATE DATES	ANCIENT WORK OR AUTHOR	KEY WORDS AND PHRASES
c. 380–c. 450	Byzantine historian Socrates in <i>Historia Ecclesiastica</i> 5.22	“fasts before Easter,” “three weeks excepting Saturdays and Sundays,” “keeps the fast for six weeks,” “Forty Days,” “fast seven weeks before the feast”
d. 444	St. Cyril of Alexandria in his “Festal Letters”	forty-day period of fasting
d. 461	Pope St. Leo	“fulfill with their fasts the Apostolic institution of the forty days”
late 4th C	<i>Apostolic Constitutions</i> (V.13.3–4)	fast “of the Holy Week of Pascha” after the forty-day fast
5th C	Sozomen in <i>Histo. Eccl</i> , 7, 19	“the so-called Forty Days before Pascha . . . some begin at 6 weeks . . . others at 7 weeks.”

THE ANOINTINGS OF JESUS

REFERENCE	TIME FRAME	VENUE	WOMAN	FOCUS	ET AL.
Mt 26:2, 6–13	2 days before the Passover, after Palm Sunday	Simon the Leper's home in Bethany	Unnamed	Jesus' head	The disciples were indignant
Mk 14:1–9	2 days before the Passover, after Palm Sunday	Simon the Leper's home in Bethany	Unnamed	Jesus' head	The disciples rebuke her harshly
Lk 7:36–50	Before John the Baptist was beheaded	Simon the Pharisee's home in Nain (?)	A sinful woman	Jesus' feet	Simon questions Jesus' discernment
Jn 12:1–8	6 days before the Passover, before Palm Sunday	Lazarus's home in Bethany	Mary	Jesus' feet	Judas objects

TABLE 3: PARABLES AND TEACHINGS DIRECTED TOWARD RELIGIOUS RULERS BETWEEN THE QUESTIONING OF JESUS AND THE LAST SUPPER

PARABLES

	MATTHEW	MARK	LUKE	JOHN
Parable of the Two Sons	21:28–32			
Parable of the Tenants	21:33–44	12:1–12	20:9–18	
Parable of the Wedding Banquet	22:1–14		14:16–24	
Parable of the Wise Servant	24:45–51	13:34–37		
Parable of the Pharisee and the Tax Collector			18:9–14	
Parable of the Ten Virgins	25:1–13			
Parable of the Talents	25:14–30		19:12–27	
Parable of the Fig Tree			21:29–36	
Parable of the Sheep and Goats	25:31–46			
Parable of the Seed				12:24

TEACHINGS

	MATTHEW	MARK	LUKE	JOHN
On the coming of the Kingdom of God			17:20–37	
On what is good			18:18–30	
On paying taxes to Caesar	22:19–22	12:13–17	20:20–26	
On marriage after the resurrection	22:23–33	12:18–27	20:27–40	
On the greatest commandment	22:34–40	12:28–34		
On whose Son is the Christ	22:41–46	12:35–37	20:41–44	
On seven woes	23:1–32	12:38–40	20:45–47	
On the widow's offering		12:41–44	21:1–4	
On Jesus' lament for Jerusalem	23:33–39		13:34–35	
On signs of the end of the age	24:1–44	13:1–37	21:5–36	
On walking in the light				12:35–36