

The 40-Day Feast:  
Taste and See the Goodness of God's  
Word  
by Wendy Speake  
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## How to Feast On God's Word Like Never Before

Many Christians believe that the Bible is the Word of God, but never actually read it. Or they may read bits and pieces, one verse or passage at a time, but struggle to apply it to their daily lives.

In her new book, **The 40-Day Feast: Taste and See The Goodness of God's Word**, author Wendy Speake has a fresh twist on her popular 40-day sugar and social media fasts.

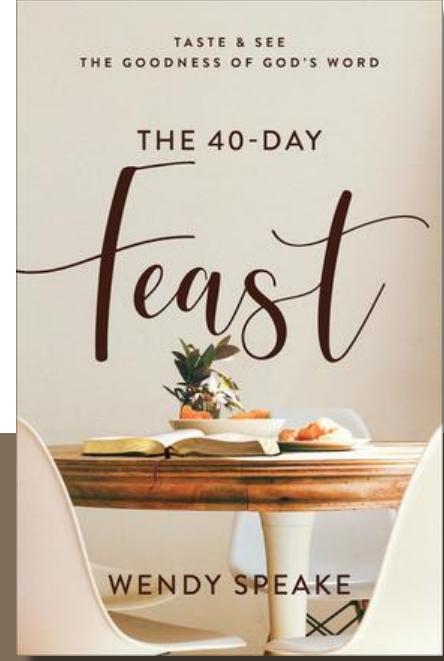
"Not all Bible-believing men and women are Bible-reading men and women," writes Speake. "As a result, we're a malnourished bunch. When we turn to food and drink, screens, and shopping, to meet our deepest needs, we end up unsatisfied and hungrier than ever. We are a generation of consumers who never learned to consume God's Word."

The 40-Day Feast invites readers to get hungry for God's Word, learn how to ingest and digest it for themselves, and ultimately taste and see just how good (and applicable) it really is.

"This book will come to an end, but the Word of God never ends (Isa. 40:8)," writes Speake. "It is the only thing able to satisfy hungry hearts."

In 40 daily readings, readers will discover the transforming power bound up in their Bible, learn to apply its truths to their daily life, and awaken a deep hunger for more of God and less of the things that don't satisfy.

"No book has ever been written, nor ever will be, that holds the power to sway a human heart toward the Word of God more than the Bible itself," writes Speake. "Yet here I am, setting a literary table and pulling up figurative chairs to whet your appetite for the written account of God's extravagant, demonstrative, unrelenting love. As I serve up this forty-course feast in the form of daily devotions, it is my hope that you taste the sweetness of God for yourself."



**Get Connected:**  
[www.wendyspeake.com](http://www.wendyspeake.com).



## About the Author

**Wendy Speake** is the author of *The 40-Day Sugar Fast* and *The 40-Day Social Media Fast*, as well as *The 40-Day Fast Journal*. Wendy hosts her online *40-Day Sugar Fast* every January and her *40-Day Social Media Fast* every Lent. She lives just outside of Dallas, Texas. Learn more at [www.wendyspeake.com](http://www.wendyspeake.com).

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## PRAISE for *The 40-Day Feast*

"Wendy's writing always makes me hungry for the Word of God and eager to grow in my love for its Author. *The 40-Day Feast* is such a gift! It will whet your appetite for God Himself as you grow to understand His Word." **Monica Swanson**, author of *Boy Mom* and *Raising Amazing*

## Praise for *The 40-Day Social Media Fast*

"[This is] a book about much more than social media fasting. If you feel you have lost your way in a noisy world, this book will help you. If you feel overcome by your attachment to the numb of the scroll, in these pages you will find hope."

God has a plan to meet with you—a fresh revelation He wants to speak into your soul. Of that, I am sure. While this fast might at first feel like a tremendous sacrifice on your part, it's really a huge gift from Him."

**From the foreword by Lisa Whittle**, bestselling author, speaker, podcast host, and ministry coach

"It's almost impossible to be still and hear the voice of God with the relentless hum of technology in the background. I love that this book invites us—in fact, gives us permission—to tune out social media and turn toward the Savior instead for forty days. As you set aside this sacred time, get ready to hear from God and replenish your soul. You won't lose much by ignoring social media posts, but you have much to gain when you seek God!" **Arlene Pellicane**, speaker, podcaster, and author of *Screen Kids* and *Calm, Cool, and Connected*



## Sample Interview Questions for Wendy Speake

*The 40-Day Feast:*

*Taste and See the Goodness of God's Word*

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- Those of us who were raised in the church have heard our whole lives about the importance of reading God's Word, yet still many of us don't do it. At least not regularly. Why do you think that is?
  - I just mentioned those who were raised in Bible believing homes, but who else is The 40 Day Feast for?
  - How is The 40 Day Feast structured?
  - Please share your history with God's Word? When did you start reading it (or eating it) for yourself?
  - What caused you to invite others to join you at this metaphorical table and feast with you?
  - Can you share a couple of your favorite Bible study suggestions for people who want to read God's Word but don't know where to start?
  - You use quite a bit of feasting language. You invite us to not only ingest God's Word but digest it too. You call us to invite others to the table with us. Once we are feasting it is our job to extend the invite to others, that they might feast on God's Word too. You encourage readers to savor the flavor of God's Word as they go, to slow down and meditate on it. But you also encourage us to "Talk with our mouths full!" Tell me more about that.
  - You already mentioned that over the years you have been hosting an online annual fast called The 40 Day Sugar Fast. It was in the context of that community where you started feasting with large groups of men and women — not just serving up God's Word for 40 Days but then teaching them to feast on their Bibles for themselves. Can you tell us when your next Sugar Fast or 40 Day Feast is scheduled so that our listeners can join you?
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