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Many of us sign up for a physical detox program, thinking that if our bodies are healthier, then we're healthier. But a healthy body doesn't do us a lot of good if we are spiritually malnourished.

Welcome to the 40-Day Sugar Fast, a fast that begins with us giving Jesus our sugar and ends with Jesus giving us more of himself--the only thing that can ever truly satisfy our soul's deep hunger. On this 40-day journey you'll learn how to stop fixating on food and other things you use to fill the voids in life and instead fix your eyes on Christ.

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