

The Fast of Daniel Purpose – Day 16

Did you know that Brazilians consume around 52 kilos of sugar per year? And the worldwide amount is 22 kilos? Refined sugar is responsible for many sicknesses. There are some who have a no sugar tolerance, substituting it with honey, natural sugars from fruit, or non-caloric sweeteners in moderation. Today let's see how we go through the day without sugar.

When was the last time you brought someone to know Jesus? Saving souls should be the daily concern for Christians. But at times we keep insisting on the same people who don't want Jesus (yet,) and we forget about the others who are thirsty. Pray to God in regards to this today, for Him to show you someone who needs to know Him, and ask God direction on how to present Jesus to that person.

In order to experience personal growth we need to have order, clarity, and a clean mind. And we can't have a clean mind when our workplace, studio, computer, or even our own room or office is a mess. That's why today you will take an hour to organize.

The other tasks don't need an explanation; they simply need to be done!

See you tomorrow.

| Fast of Daniel | Day 16 | Done ✓ |
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| Spiritual | Read about the 15 works of the flesh in Galatians 5:19-21, see if there are any in your life | |
| Health | Sugar-free day: don't have refined sugar or foods with sugar | |
| Relationships | Ask God to give you eyes to see someone who still doesn't know the Lord Jesus and ask Him for wisdom to introduce Jesus to that person | |
| Finances | Evaluate your monthly expenses; identify pointless expenses and cut them | |
| Personal Growth | Organize your work area/studio/house/computer | |