

TASK

DONE



Begin your day by speaking to God. Ask Him to show you where you need to change. Before going to bed, read John chapter 2.



Balance out your diet* by eliminating excessive amounts of: sugar, salt, fat, etc.



Clean your heart: do you have hard feelings towards anyone? Get rid of them and forgive.



If you are a tither, remain faithful to God. If you are not or have stopped, decide to return to God what belongs to Him.



Analyse what needs to change in you and pray with sincere repentance, fixing what is missing



** Follow your doctor's advice*