



## Daniel Fast Day Eighteen

1. Read Romans 7:18-20. Do you experience similar times as Paul? Write about them:

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2. Have you noticed a time recently where you were surrendering to your flesh? \_\_\_\_\_

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3. In what areas of your life does it seem like your flesh is controlling you? \_\_\_\_\_

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4. Plan ahead. What will you do the next time you sense that the flesh is nagging at you?

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