

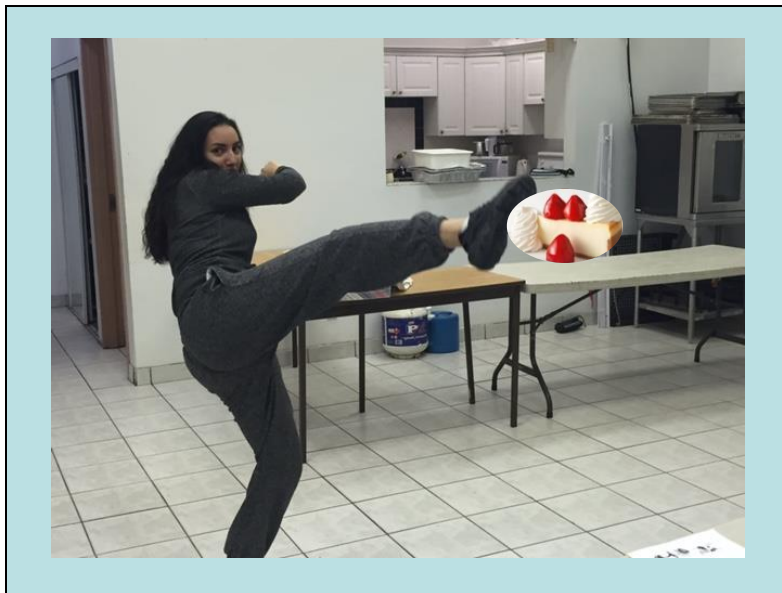
# THE DAILY NEWS

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## Cheesecake in Great Lent



Temptation to eat Cheesecake during Lent can be very strong. Listed below are some points that helps you with temptation to eat cheesecake during the Great Lent.

1. Talk to God about it.
2. Think of the consequences.
3. Read the Bible and memorize the part of the Bible that helps you fight temptation.
4. Pick your battles wisely; don't get very close to where cheesecake is being offered.
5. Surround yourself with people who have the same motive.
6. Postpone the decision; and the desire to eat cheesecake will go away
7. Get it out of your head; find a replacement by thinking of something else.
8. Worst comes to worst; repent and don't lose hope, and start again.



Written By: Karin Gendi