

The Fast of Daniel Purpose – Day 10

The verses recommended below are very special. Take at least 5 minutes, some quality time with God, to meditate and pray about the words.

I hope that by now you have started to take pleasure in doing physical exercise at least three times a week. If you still don't like it, do it anyway. We can't live by feelings.

The Lord Jesus taught us to pray for our enemies, and for those who hate us. You probably know someone who "can't stand the sight of you." Even if you can't think of anyone in particular, you can still pray, God knows that person. Ask God to illuminate him/her, give them better thoughts, and free them from hard feelings.

Financially, consider "emergency funds" an amount of money reserved for certain circumstances. It's not that we're hoping for the worst, nor are we counting on misfortunes, but just as God inspired Joseph to economize for the time of the skinny cows, we have to be ready for whatever comes. Think of separating an amount which would help you get through at least two months, in case anything happens which interrupts your monthly income. This will give you some "breathing room" until you fight to get back to your normal situation. Of course, you will probably have to start gathering and depositing toward this fund until you reach the desired amount. Still, today's task is to begin this fund, even if it's with only \$1.

If you're a business owner, think about doing the same thing for your company.

Until tomorrow!

Fast of Daniel	Day 10	Done ✓
Spiritual	Read Psalms 139: 23-24, meditate, and pray in regards to these words	
Health	Exercise at least 30 minutes	
Relationships	Pray for someone who hates you, a person who's an enemy, or someone you know doesn't like you	
Finances	If you don't have an emergency fund, start one (the minimum should be \$2,000)	
Personal Growth	Identify something you need to do which you are afraid to; go ahead face your fears and do it	