

## **The Fast of Daniel Purpose – Day 12**

You start the day off right when you start it with God. Experience the difference today when you spend the first 10-15 minutes with Him right after you wake up. So you don't end up having to rush, wake up a little bit earlier.

Drinking water is one of the best things you can do for your health. The benefits are innumerable, too many to stop and count right now. Simply the fact that 2/3 of your body is made of water says enough don't you think! So hydrate.

The Bible says that humility precedes honor. Asking for forgiveness is an act of humility, and can heal the heart of the offended person. Think of someone that you could have offended, but you still didn't ask for forgiveness. It could have happened recently or a long time ago. Humble yourself, you will be honored.

Financially, consider this. As a result of our consumer society and *marketing* techniques we are pressured into buying more than we need or that we can pay for. The temptation to finance, and make 3, 6, 12 or 300 payments, is huge. Think about what God idealized for His children: "You will not borrow..." This new habit will eliminate debts and going through tight times in the future.

See you tomorrow!

Fast of Daniel	Day 12	Done ✓
<b>Spiritual</b>	Wake up 15 minutes earlier, wash your face, meditate on Psalms 14:2, and pray right after	
<b>Health</b>	The day to drink water: 8 cups during the day (2 liters)	
<b>Relationships</b>	Do you need to ask someone for forgiveness? Do it today. Think well. If you have a question, ask.	
<b>Finances</b>	Consider this: what if you don't buy anything financed from now on? If you can't buy it all at once, don't buy it.	
<b>Personal Growth</b>	The end of the week is coming: finish your projects, or unfinished work. Try not to leave anything for next week.	