

The Fast of Daniel Purpose – Day 13

The focal point of this Fast of Daniel is the Holy Spirit. Today your spiritual task is to sacrifice a part of your sleep and seek him at one of the suggested times. Do you want to do it at another time? Go ahead, but do it.

It would be good if Saturday would become the official day to sweat – literally. You're going to see how much better your disposition and energy will be.

Do you have a family member who comes to your head at the weirdest times? It's probably your conscious charging you that you should contact them. Take some time and contact them.

Financially, consider the rule of this great business man: "Live with 70 percent of your income; economize or invest 20%; but give the first 10% to God." As an example, let's say you make \$1,000, so program yourself to live on \$700, save or invest \$200, but always return your tithes first to God. The same rule can be applied to your company, if you have your own business.

You are probably reading from your computer, which has become more common and necessary to use. But if you still type as if you're "picking corn," one of the best investments you can make is typing without having to look at the keyboard – which is easier than you think. There are some sites which you can learn for free – you simply have to apply yourself with discipline:

<http://www.typingweb.com/> is one, and <http://www.keybr.com/> is another.

(There are also courses as well as apps for your computer. Search for "typing course" and you will see many options.)

See you tomorrow!

Spiritual	Pray at midnight, 3am or 6am and seek the Holy Spirit	
Health	Day to sweat! Do some kind of physical exercises which will make you sweat.	
Relationships	Call or visit a family member which you owe attention to	
Finances	Consider the rule of living with simply 70% of your income	
Personal Growth	Learn to type faster and invest at least 15 minutes a day, for a month. If you know how, then acquire another ability which will benefit you	