

The Fast of Daniel Purpose – Day 14

Going to church is one thing, and going to church thirsty for God is another. When you go to church, go with one objective. Don't get distracted with those who are there or not, so-and-so's clothes, the way the Pastor preaches, basically – be focused on one thing: God. You will get much more out of the meeting.

Health: I love fried food. But it's not good for you, in excess. So, today we won't eat anything fried. If you can reduce the fried foods in your diet to 1 to 2 times a week (if not all together,) even better.

Relationships: who doesn't like to receive compliments? When the compliment is sincere, it can make the persons day, and even change it. Complimenting doesn't come natural to me – not because I don't notice things to compliment, but I become shy. That's why I have to make a big effort, and many others I believe. But the benefits are great. So, today, notice something positive about someone – husband, wife, son, friend, colleague etc. – make it a point to express your admiration. "I like your new haircut." "You cook so well." "I have always admired your sincerity."

The financial task is self-explanatory. All that needs to be said is: when you reduce the amount of clothes in your closet to only the things you need, you will gain space and you could even make some extra cash selling the clothes you don't need, or you will help lots of people when you donate them to an organization which gives to the needy. Not to mention this task will help you see what a small amount of clothes you really need.

And don't forget: punctuality is a sign of competency and respect. Always arrive before the scheduled time, never after!

See you tomorrow!

Common people simply think about how to pass the time. Extraordinary people think about how to use time.

Fast of Daniel	Day 14	Done ✓
Spiritual	Go to church thirsty for God and give yourself to Him	
Health	A day without fried foods – substitute them for veggies and fruits	
Relationships	Compliment three people in regards to a quality they have, a talent, their appearance, or their way of being	
Finances	Take out all the clothes, from your closet or drawers, which don't suit you; sell them, or donate them to an organization which helps the needy	
Personal Growth	Decide to never be late to a scheduled engagement	