

The Fast of Daniel Purpose – Day 15

God promises blessings to both those who humble themselves as well as those who are humiliated. Your prayer and meditation will be about this teaching and promise.

Preventive medicine, don't wait to have a toothache to go to the dentist, or wait for any other kind of pain to go to the doctor. The best way to prevent any problems is to have regular check-ups.

Relationships: today's task will help you to think more of others around you. There are some people who need a rest from hearing your voice... and there are others who need to hear it.

Financial: do you remember the first two tasks of this purpose, in regards to debts? Get the job done and set the date, calculating how long it will take to finally pay off all your debts. Write that date in a visible place and work hard to reach your objective.

Personal growth: if you work as a secretary, buy a book on being an excellent secretary. If you're a seamstress, buy a book about sewing. Basically, you should improve in your line of work, learning from those who know best.

See you tomorrow!

Fast of Daniel	Day 15	Done ✓
Spiritual	Read Matthew 23:11-12, and humble yourself in prayer throughout the day	
Health	If you haven't gone to the dentist for over 6 months, or haven't done a check up for over a year, make an appointment today to go soon	
Relationships	If you talk a lot, for today, listen more. If you barely talk, talk more today	
Finances	By when will you pay off all your debts? Determine a date and stick by it.	
Personal Growth	Find the best book about your line of work and read it	