

The Fast of Daniel Purpose – Day 17

The best way to know if you have the Holy Spirit or not is to evaluate your life in relationship to the fruits which should exist in all those who possess Him. To make a thorough analysis is your Spiritual task for today.

Eating with your eyes – this is usually an evil most of us commit (including myself.) Today our task is to eat in smaller portions. Eat slower, get up from the table at the end, so you don't end up nibbling on this or that. Listen to the voice of our stomach and not our eyes – those are some helpful tips. If there's no problem that you gain some weight (unlike the most of us,) you will simply evaluate how healthy are the foods you normally take in, consider if you need to make any changes.

Relationships: it's a known fact that asking repeatedly for a person to change doesn't work. Jesus once said we should treat others as we would like to be treated. Unless you like it when someone is pressuring you, don't pressure your son, wife, husband, or whoever. People change because they want to, not because others want them to. So, take off the pressure, and ask God for wisdom on how to motivate the person to change for themselves, and not through imposition.

The financial task is super-interesting. Do you need some money but don't have it. Is what you have only a fraction of what you need? What can you do to multiply your money into two, five, or even 10 times that amount? Is it possible to change 1 dollar into 10? 10 into 100? And 100 into 1,000? This challenge can result in the money that you need and also give you excellent business ideas... It's for those who believe. Those who do this, let me know the results in the end.

See you tomorrow!

"All my life I knew that there was all the money you could want out there. All you have to do is go after it." – Curtis Carlson

Fast of Daniel	Day 17	Done ✓
Spiritual	Read about the 9 fruits of the Spirit in Galatians 5:22-23, see if there are any missing in your life	
Health	Do you tend to eat too much? Today you will reduce your portions by 25%	
Relationships	Stop bugging a person about changing and instead treat them as you would like to be treated (Luke 6:31)	
Finances	How to advise someone who needs to turn \$100 into \$1,000? Follow your own advice.	
Personal Growth	Identify a character flaw and eliminate it	