

The Fast of Daniel Purpose – Day 19

Gratefulness – a rare feeling among people, between people and God as well. “In everything give thanks,” says the word of God. Being grateful is a virtue. Look back and remember all the blessings you received and give thanks to God in prayer for all of them.

Fruit day! One in the morning, one in the afternoon, one at night. Pure health!

Coldness, grudges, and distance in relationships start with small thoughts or feelings, which we hold against another person. Your relationship task for today is to ransack your heart and mind to see if there is anything polluting your heart and distancing you from someone. Don't be so quick to say that there is nothing there. If there is a person you have avoided, who you prefer not to talk to or you have been jealous of, you've had hard feelings towards, or any other kind of negative feeling; you probably need to have some emotional spring-cleaning.

Hobbies are activities you practice regularly during your free time which bring you a lot of relaxation and enjoyment. If you use a bit of creativity and entrepreneurship (I confess it's best to consult the dictionary on this one,) a hobby can bring you extra money. There is the challenge for you to grow financially. Start to search!

We all have a negative voice that talks to us the whole time (the one that said to some of you, a few seconds ago, this hobby business is not for you, you don't have time for these things, it won't work out, too much work involved etc.), so your job is going to be to silence that voice, saying words of faith above it every time it opens up its nasty mouth to criticize or throw a “bucket of cold water” on things.

We're in the last lap... Until tomorrow!

Fast of Daniel	Day 19	Done ✓
Spiritual	Make a sincere prayer giving thanks	
Health	Eat three fruits today (morning, afternoon and night)	
Relationships	Remove negative feelings and thoughts towards others from inside, no matter how small they are	
Finances	Challenge: Start a hobby which gives you a bit of extra cash	
Personal Growth	Silence the negative voice inside of you, confessing your faith in God above the voice, always	