

Fast of Daniel Purpose

Starting the day with God is always a good idea. Prepare yourself by separating a bit of time to meditate over these words of faith.

Regarding our health, the majority of us today eat too much or too little. We have horrible eating habits. This is your chance to think about your eating habits, and find a balance. Remember, your body is the temple of the Holy Spirit. Taking care of it is a spiritual task.

Clean your heart, it's common to find small bits of resentment, jealousy, grudges and bitterness that we didn't even know were there. It's good to clean all of that, have an emotional deep cleaning and get rid of what you don't need. The best thing for this is called forgiveness.

If you made your list of debts yesterday, then today is the day to plan on what steps to take to eliminate them one by one. Starting out with the smallest debt is easier and more motivating. Go ahead. Just a reminder, in case you don't have any debts, do something different to improve/organize your financial situation.

Finally, all of us have something rolling around in our thoughts saying, "You still haven't done that, you still haven't done that..." Very well, let's stop this broken record and do what we have to do once and for all!

See you tomorrow!

P.S. How about inviting someone to join you in this purpose? Become partners and motivate each other.

Fast of Daniel	Day 2	Done ✓
Spiritual life	Begin your day by meditating on Hebrews 11:1-6, followed by a prayer	
Health	Balance out your diet* by eliminating excessive amounts of: sugar, salt, fat, etc.	
Relationships	Clean your heart: do you have hard feelings towards anyone? Get rid of them and forgive.	
Finances	Make an updated list of all your debts starting out with the smallest.	
Personal Development	Do you have a certain matter/job/idea that you haven't started or finished, and it's been bothering you? Today is the day! Go for it!	