

## **The Fast of Daniel Purpose – Saturday Day 20**

Those of us who are doing the Fast have already consecrated Saturday as the Day to Sweat! So no excuses! Put your training clothes on or any other comfortable clothes and fulfill your duty to your body.

Have you taken a walk with God before? It's very inspiring. You can do this for 10 minutes, 30 minutes, or an hour – whichever you think is best – so take some time today, preferably in the morning, take a calm walk where you are going to walk with God. Look at the sky now and then. Contemplate his works. And open your heart.

You have a special opportunity today to forgive, ask for forgiveness, and resume hurt relationships. You're not obligated to – I know there are sensitive cases where it's best to leave it alone. But if you would like to turn the page and stop all the hard feelings between you and the person, take initiative and get in contact with him/her. You can erase the negative things that stood between the two of you and start over.

Virtues are qualities of character that produce certain successes and good results. Patience. Zeal. Hospitality. Generosity. Self-control. An excellent spirit... the list is long. All of us have our virtues, but we lack others. Your personal growth task for today challenges you to identify a virtue that needs to be developed, and start to work on it.

Tomorrow will be the last day of our purpose and I hope that you'll be here for the last tasks.

*To obey is better than sacrifice. 1 Samuel 15:22*

Fast of Daniel	Day 20	Done ✓
<b>Spiritual</b>	Start the day by taking a walk with God, in spirit of prayer	
<b>Health</b>	Day to sweat! Do some physical exercise, so that you get your shirt sweaty. It doesn't count if you don't sweat – no excuses!	
<b>Relationships</b>	If you have some "bad blood," and don't speak to a person for whatever reason, contact this person and propose to make peace with them	
<b>Finances</b>	Consider preparing an offering of gratitude this Sunday, at the end of the Fast	
<b>Personal Growth</b>	Identify a virtue that you lack and work to develop it	