

Fast of Daniel Purpose – Day 3

The table of tasks for today is attached below. Some points are self-explanatory. However, I would like to elaborate on relationships.

In this task, you will seek to be helpful, nice, and useful to someone who needs help, no matter how small this might seem. In Proverbs 3:27 it says *“Do not withhold good from those whom it is due, when it is in the power of your hand to do so.”*

Give some advice, take some time to listen to a person that’s going through a hard time, do someone a favor, help at work or help with chores at home — those are some examples.

Financially, you need to stop and think about your current salary. If you’re not satisfied, what would be a realistic amount that you can strive for and achieve in the next 6 or 12 months? Write down the amount on paper and put it in your wallet or somewhere visible. That way, you will always see it. From there, God will give you ideas on how to reach this goal.

Bad habits are chains that bind us up. Once you identify one in yourself, [read this article](#), and it’ll help you know what to do to eliminate it completely from your life.

Be blessed and until tomorrow!

Fast of Daniel	Day 3	Done ✓
Spiritual	Read Psalm 143:10, pray for God’s will to be done in your life, and go to church today.	
Health	Make sure to eat some fruit today*	
Relationships	Perform an act of kindness to a family member, friend or stranger.	
Finances	Write down on a piece of paper the monthly salary you want to start earning in the next 6-12 months and place it in your wallet.	
Personal growth	Identify a bad habit you’d like to get rid of.	