

Fast of Daniel Purpose – Day 4

For those who haven't accomplished the previous tasks... We know that some people give up because they don't finish the tasks of the day. They ask if there's any point to keep going, since they didn't do one or two of the tasks. The answer is: Yes, there is! You won't get struck by lightning if you don't do a task. It's good for you to try and do all of them, but if you can't, keep going and do the ones for the following day. If you get the chance to go back and do the ones you missed, great. If not, don't worry. It's better to keep going than give up.

The table of tasks for today is below. One of the main goals for today is to think about your anxieties; fight them and don't any of them steal your peace, faith or money! People purchase a lot of things, especially during holidays, moved by anxiety created by advertisements and social expectations. Resist. Use your head.

Relationship-wise, we invite you to express your recognition and gratitude to someone who has made the difference in your life. Your expression, no matter how small, can make a difference in the life of that person.

And as we said in yesterday's article on how to break a bad habit, it's important that you begin to practice a good habit to substitute the bad habit you had. For example, if I want to break the bad habit of doing things at the last minute, I'm going to make a good habit of organizing my time and agenda — never letting something important get done in a hurry, when time is running out.

Be blessed and until tomorrow.

Fast of Daniel	Day 4	Done ✓
Spiritual	Speak to God in the morning about your biggest worries and anxieties surrendering them to Him.	
Health	Exercise for 30 minutes. (Walking, stretching, etc...)*	
Relationships	Think about someone you're grateful or thankful for and express your gratitude.	
Finances	Is it a desire or a need? Think twice before buying anything.	
Personal Growth	Identify and begin to practice a good habit to replace a bad one you've decided to get rid of.	