

The Fast of Daniel Purpose – Day 6

Through each task that you complete in this purpose, you're growing and improving in at least five areas of your life. Soon, some of these tasks will develop into good habits and they will help you to be a successful person.

Today, schedule to spend some time to S.O.S God, as if it's going to be a meeting with Him. Find a private place, turn off your phone, and ask for people not to bother you. Have your Bible with you, and spend that time meditating on a passage, and talking to God.

Your physical task today is to sweat! Find an activity that obligates your body to sweat after a couple of minutes. Go on the treadmill, jog in the park, move around the furniture that you had wanted to the longest, go up and down the stairs – whatever wets your shirt. Remember that if you don't sweat it doesn't count!

About your finances, consider this: sometimes we buy things or spend money on superfluous things and/or things that we don't need. The pressure from ads, the desire to be like friends, wanting to please your child with their heart's desire... If you look closely at where your money is going, you will probably find ways you could economize hundreds of dollars.

Lastly, identify activities which waste your time, and eliminate them from your life. When you have more time available, you will also grow more.

Until tomorrow!

Fast of Daniel	Day 6	Done ✓
Spiritual	Have a meeting with God: spend 10 to 30 minutes meditating on the word of God, without distractions, and talk to Him.	
Health	Do any physical activities which will make you sweat! If you don't sweat, it doesn't count!	
Relationships	Spend time with a family member and do what he/she likes.	
Finances	Identify where and how your money could possibly be slipping through your fingers. Cut these costs.	
Personal Growth	Identify something that wastes your time and remove it from your day to day life.	