

DANIEL FAST PROCESS TO ADDRESS PHYSICAL AND SPIRITUAL HEALTH

3 - STEPS

- 1. Seeking God Daily**
 - a. Daily Devotional Reading (target 5-15 minutes)**
 - b. Praise & Worship (audible or silent praise)**
 - c. Prayer (target 5 – 15 minutes, 3 times daily)**

- 2. Change your Diet**
 - a. Eat modified and planned meals**
 - b. Focus on quality food and water intake.**
 - c. Don't forget rest, exercise, etc.**

- 3. Set goals to discover God's purpose for your life.**
 - a. Commit to excellence in your current vocation.**
 - b. Write down at least one goal for 2019.**
 - c. Utilize e-tools to discover your spiritual gifts.**

OTHER OPTIONS:

- Journaling**
- Selfie videos of your journey**

Share your experience on the web