

MESSAGE NOTES

The Daniel Plan 2- A Healthier FAITH

Romans 7:15-25a

WHAT is The Daniel Plan?

- **Sunday Messages**- Faith, Food, Fitness, Focus, and Friends
- **40-Day Food Challenge**- Daniel Plan Plate, 10-Day Meal Plan (4x)
- **40-Day Fitness Challenge**- “10 Steps to Become Daniel Strong”
- **Weekly Groups**- Groups for insight, support, and encouragement.
- **www.danielplan.com**

WHY are we doing The Daniel Plan?

- Because too many of us are not healthy.
- Because God cares about our bodies.
- Because our bodies affect the rest of our lives.
- Because we have a great calling to fulfill.

REALITY and FAITH

FAITH to E_____.

“Three times I appealed to the Lord about this, that it would leave me, but he said to me, ‘My grace is sufficient for you, for power is made perfect in weakness.’ So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me.” -2 Corinthians 12:8-9

FAITH to T_____.

“I do not understand my own actions. For I do not do what I want, but I do the very thing I hate.... I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do.” -Romans 7:15-19

“Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!” -Romans 7:24-25

Faith is attempting to do something w____ cannot do on our own.

FAITH in the L_____ Steps.

- **FAITH** Next Step:
- **FOOD** Next Step:
- **FITNESS** Next Step:
- **FOCUS** Next Step:
- **FRIENDS** Next Step: