

The Daniel Plan 1- Romans 12:1-2

WHY are we doing The Daniel Plan?

Because too many of us are n_____ h_____.

“For the first time in history, as many people are suffering from the result of too much food as malnutrition.” -Rick Warren

Because God c_____ about our bodies.

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own, you were bought at a price. Therefore honor God with your bodies.” -1 Corinthians 6:19-20

Because our bodies affect the r_____ of our lives.

“A major motivation for me to be physically healthy is that I want the energy and alertness to make other changes in my life.” -Rick Warren

Because we have a great c_____ to fulfill.

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God, this is your spiritual act of worship... Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will” -Rom.12:1-2

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.

RESOURCES for The Daniel Plan

- The Daniel Plan Journal
- www.danielplan.com
- “5 Essentials Survey”
- “The Daniel Plan Plate”
- “Top 10 Tips to Curb Your Cravings”
- “Whole Foods for Whole People”
- “10 Steps to Become Daniel Strong”