

The Daniel Plan 3- FOOD: Eating for God's Glory 1 Corinthians 10:23-33

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.

FOOD GLORIOUS FOOD!

“All things are lawful, but not all things are beneficial. All things are lawful, but not all things build up.’ Do not seek your own advantage, but that of the other. Eat whatever is sold in the meat market without raising any question on the ground of conscience, for ‘the earth and its fullness are the Lord’s.’” -1 Corinthians 10:23-26

“So, whether you eat or drink, or whatever you do, do everything for the glory of God. Give no offense to Jews or to Greeks or to the church of God, just as I try to please everyone in everything I do, not seeking my own advantage, but that of many, so that they may be saved.” -1 Corinthians 10:31-33

Our eating is not for us. Our eating is for God's glory!
Our eating is not for us. Our eating is for others.

Food LIES and TRUTHS

- Focus on weight-loss and looks... Focus on health.
- I can never eat healthy... I can enjoy eating healthier.
- Healthier is about deprivation... Healthier is about abundance.
- I am obligated to eat certain foods... I have no obligation to foods.
- Eat Healthier 100%... Eat Healthier 90%
- Eat to 100% Capacity... Eat to 80% Capacity
- Drink Water When Thirsty.... Drink ½ of Body Weight in Ounces Daily
- Eat “Fat-Free”, “Diet” Food... Eat REAL Food