

The Daniel Plan 5- FOCUS: Renewing Our MINDS 1 Corinthians 9:19-27

WHAT is The Daniel Plan?

- **Sunday Messages-** Faith, Food, Fitness, Focus, and Friends
- **40-Day Food Challenge-** Daniel Plan Plate, Water!
- **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.

The Importance of our FOCUS

“Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.” -Romans 4:6-9

Our Thoughts... Our Life

Our Thoughts Sometimes LIE

Our Thoughts During TRIALS and Failures

Our Thoughts of GRATITUDE

Our Thoughts Focused on the Author of LIFE

The Kingdom Is NEAR

- **FAITH** NEXT STEPS:
- **FOOD** NEXT STEPS:
- **FITNESS** NEXT STEPS:
- **FOCUS** NEXT STEPS:

*“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”
-Romans 12:2*

We live in a stressed out and distracted world. Be different! THINK different!