

## **The Daniel Plan 6- FRIENDS: Encouraging One Another Ecclesiastes 4:9-12**

WHAT are the 5 Essentials of The Daniel Plan?

- Faith, Food, Fitness, Focus, and Friends

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.

### **Our HEALTH and our FRIENDS**

We are relational beings created to be in COMMUNION w/God & others.  
One of the greatest dangers to our health is ISOLATION.

*“Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up the other; but woe to one who is alone and falls and does not have another to help... And though one might prevail against another, two will withstand one. A threefold cord is not quickly broken.” -Ecclesiastes 4:9-12*

Taking intentional steps to be involved in a life-giving COMMUNITY is a key factor in living and sustaining a healthy lifestyle.

“Our social circles influence our health even more than our DNA. If our friends have healthy habits, then we probably will too.” -Dr. Mark Hyman

*“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another...” - Hebrews 10:24-25*

### **As We Move FORWARD...**

- 1) REMEMBER the reason and the reward.
- 2) RESIST discouragement.
- 3) RELY on Christ and others.

*“And I am sure that God who began the good work within you will keep right on helping you grow in his grace until his task within you is finally finished.” -Philippians 1:6*