

# THE DANIEL PLAN

GOD'S PRESCRIPTION FOR YOUR HEALTH

## WHY WE NEED EACH OTHER • PARTS 1-3

*"Since we are all one body in Christ, we belong to each other,  
and each of us needs all the others."*

ROM. 12:5B (NLT)

1. I NEED OTHERS TO \_\_\_\_\_ WITH ME.

*"Just as you received Christ Jesus the Lord, so walk in Him..."*

COL. 2:6-7 (ESV)

*"It is not good for man to be alone."*

GEN. 2:18 (NLT)

*"Let us not give up the habit of meeting together..."*

*Instead, let us encourage one another."*

HEB. 10:25A (TEV)

• Community is God's answer to: \_\_\_\_\_

*"When you gather, each one of you be prepared with something useful for all: Sing a hymn, teach a lesson, tell a story, lead a prayer, provide an insight... Take your turn, with no one person taking over. That way... you all learn from each other."*

1 COR. 14:26, 30-31 (THE MESSAGE)

*"As each part does its work, it helps the other parts grow, so Christ's whole body is healthy and growing and full of love."*

EPH. 4:16 (NLT)

*"Open your homes to each other without complaining."*

PETER 4:9 (TEV)

2. I NEED OTHERS TO \_\_\_\_\_ WITH ME.

*"God made us to do good works,  
which He planned in advance for us to live our lives doing."*

EPH. 2:10 (NCV)

*“Two people are better than one, because they get more done by working together.”*

ECCL. 4:9 (NCV)

- Community is God's answer to: \_\_\_\_\_

*“Every time we get the chance, let us work for the benefit of all, starting with the people closest to us in the community of faith.”*

GAL. 6:10 (THE MESSAGE)

3. I NEED OTHERS TO \_\_\_\_\_ FOR ME.

*“Look out for one another's interests, not just for your own.”*

PH. 2:4 (TEV)

*“Keep being concerned about each other as the Lord's followers should.”*

HEB. 13:1 (CEV)

*“A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.”*

ECCL. 4:12 (NLT)

- Community is God's answer to: \_\_\_\_\_

*“If one person falls, another can reach out and help. But people who are alone when they fall are in real trouble.”*

ECCL. 4:10 (NLT)

4. I NEED OTHERS TO \_\_\_\_\_ WITH ME.

*“You should be like one big family, full of sympathy toward each other...”*

1 PETER 3:8A (LB)

*“If one member suffers, all suffer together.”*

1 COR. 12:26 (ESV)

- Community is God's answer to: \_\_\_\_\_

*"Be happy with those who are happy, weep with those who weep."*

ROM. 12:15 (TEV)

*"Encourage each other and strengthen one another."*

1 TH. 5:11 (GW)

5. I NEED OTHERS TO \_\_\_\_\_ WITH ME.

*"Your love for one another will prove to the world that you are My disciples."*

JOHN 13:35 (NLT)

*"The Holy Spirit doesn't want you to be afraid of people, but to be wise and strong, and to love them and enjoy being with them."*

2 TIM. 1:7 (LB)

- God's answer to fear is \_\_\_\_\_.

*"...You are working together and struggling side by side to get others to believe the Good News."*

PH. 1:27B (CEV)

### GETTING YOUR SHIP OUT OF THE HARBOR • PARTS 1-2

*“King Jehoshaphat built a fleet of trading ships to go to Ophir for gold, but they never set sail—they were wrecked at Ezion-Geber.”*

1 KINGS 22:48 (NIV)

*“Be careful how you act; these are difficult days. Don't be fools; be wise: make the most of every opportunity you have for doing good.”*

EPH. 5:15-16 (LB)

## HOW TO GET OUT OF THE HARBOR

(Before being shipwrecked)

STOP \_\_\_\_\_

*“We are each responsible for our own conduct.”*

GAL. 6:5 (NLT)

*“The lazy person is full of excuses...”*

PROV. 22:13A (NLT)

SURRENDER \_\_\_\_\_

*“I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything with the help of Christ who gives me the strength I need.”*

PHIL. 4:12-13 (NLT)

SET \_\_\_\_\_

*“An intelligent person aims at wise actions, but a fool starts off in many directions.”*

PROV. 17:24 (GN)

*“According to your faith will it be done to you.”*

MATT. 9:29 (NIV)

**Focused** - be specific!

**Attainable** - possible & practical

**Individual** - you can't set goals for others

**Trackable** - can you measure your progress?

**Heart Felt** - does it motivate you? does it stir your passion?

START \_\_\_\_\_

*“If you wait for perfect conditions, you'll never get anything done.”*

ECCL. 11:4 (LB)

SELECT \_\_\_\_\_

*“It's better to have a partner than go it alone.”*

ECCL. 4:9 (THE MESSAGE)

## SUMMER OPPORTUNITIES: A Great Time...

• TO \_\_\_\_\_

*“Encourage each other every day while you have the opportunity.”*

HEB. 3:13 (GW)

*“As we have opportunity, let us do good to all people,  
especially to those who belong to the family of believers.”*

GAL. 6:10 (NIV)

• TO \_\_\_\_\_

*“Dear brothers and sisters, whenever trouble comes your way, let it be an opportunity for joy. For when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be strong in character and ready for anything.”*

JAMES 1:2-4 (NLT)

• TO \_\_\_\_\_

*“Don’t use your freedom as an excuse to do anything you want.  
Use it as an opportunity to serve each other with love.”*

GAL. 5:13 (CEV)

• TO \_\_\_\_\_

*“Those in frequent contact with the things the world offers should make  
good use of their opportunities without stopping to enjoy them;  
for the world in its present form will soon be gone.”*

1 COR. 7:31 (LB)

*“... God will give you many opportunities to do good,  
and he will produce a great harvest of generosity in you.”*

2 COR. 9:10 (NLT)

• TO \_\_\_\_\_

*“They have the opportunity to live again, but...they are like a baby  
who is about to be born but won’t come out of its mother’s womb!”*

HOSEA 13:13 (GW)

*“God is patient for your sake. He doesn’t want to destroy anyone but wants all people  
to have an opportunity to turn to him and change the way they think and act...  
Look on our Lord’s patience as the opportunity he is giving you to be saved...”*

2 PETER 3:9+15 (GW/TEV)

• TO \_\_\_\_\_

*“Be wise in the way you act with people who are not believers,  
making the most of every opportunity. Always be kind and pleasant  
so you will be able to answer everyone in the way you should.”*

COL. 4:5-6 (NCV)

*“For me, living means opportunities for Christ, and dying- well, that’s better yet!  
But if living will give me more opportunities to win people to Christ,  
then I really don’t know which is better...  
But the fact is I can be of more help to you by staying!”*

PHIL. 1:21-24 (LB)

## SETTING GOALS IN FAITH • PARTS 1-3

### WHY I NEED TO SET PERSONAL GOALS

1.

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*“God plans to bring all of history to its goal in Christ.  
Then Christ will be the head of everything in heaven and on earth!”*  
EPH.1:10 (GW)

2.

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*“I do not run without a goal.  
I fight like a boxer who is hitting something—not just the air.”*  
1 COR. 9:26 (NCV)

*“Make the most of every opportunity for doing good in these evil days.”*  
EPH. 5:16 (NLT)

3.

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*“According to your faith will it be done to you.”*  
MATT. 9:29 (NIV)

*“Everything that does not come from faith is sin.”*  
ROM.14:23 (NIV)

4.

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Paul: *“I do not claim that I’ve already succeeded or have already become perfect.  
I keep striving toward the goal for which Christ Jesus has won me to himself.”*  
PHIL. 3:12 (TEV)

*“Then we will be mature, just as Christ is, and we will be completely like him.”*  
EPH. 4:13 (CEV)

5.

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Job: *"I do not have the strength to endure.  
I do not have a goal that encourages me to carry on."*  
JOB 6:11 (NLT)

*"The plans I have for you are plans to prosper you, not to harm you.  
They are plans to give you hope and a future."*  
JER. 29:11 (NIV)

## WHAT KIND OF GOAL DOES GOD BLESS?

1.

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*"Whether you eat or drink or whatever you do, do it all for the glory of God."*  
1 COR. 10:31 (NIV)

*"We make it our goal to please him, whether we are at home  
in the body or away from it."*  
2 COR. 5:9 (NIV)

2.

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*"Everything you do must be done with love."*  
1 COR. 16:14 (NLT)

*"Let love be your highest goal."*  
COR. 14:1 (NLT)

3.

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*"Do not use any part of yourselves to sin or to be used for wicked purposes.  
Instead, give yourselves to God... and surrender your whole being to him  
to be used for righteous purposes."*  
ROM. 6:13

Paul: *"I run straight to the goal with purpose in every step."*  
COR. 9:26 (NLT)



4.

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*“Without faith it is impossible to please God...”*

HEB. 11:6 (NIV)

5.

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*“We plan the way we want to live, but only God makes us able to live it.”*

PROV. 16:9 (MSG)

*“You will NOT succeed by your own strength or power,  
but by my Spirit, says the Lord.”*

ZECH. 4:6 (NCV)

*“Trust in the Lord with all your heart; do not depend on your own understanding.  
Seek his will in all you do, and he will direct your paths.”*

PROV. 3:5-6 (NLT)

### GOD'S PRESCRIPTION FOR HEALTH • PARTS 1-2

## WHAT GOD SAYS ABOUT MY BODY

### 1 Cor. 6:12-20

1. \_\_\_\_\_

*“Everything is permissible for me – but not everything is beneficial. Everything is permissible for me – but I will not be mastered by anything. Food for the stomach and the stomach for food – but God will destroy both.”*

1 COR. 6:12-13A (NIV)

2. \_\_\_\_\_

*“The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.”*

1 COR. 6:13B (NIV)

3. \_\_\_\_\_

*“By his power God raised the Lord from the dead, and he will raise us also.”*

1 COR. 6:14 (NIV)

## MISTAKES WE MAKE

- We rely
- We have
- We try

4. \_\_\_\_\_

*“Do you not know that your bodies are members of Christ himself?... Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body.”*

1 COR. 6:15A & 18 (NIV)

5.

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*“Do you not know that your body is a temple of the Holy Spirit,  
who is in you, whom you have received from God?”*

1 COR. 6:19 (NIV)

6.

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*“You are not your own; you were bought at a price.  
Therefore honor God with your body.”*

1 COR. 6:20 (NIV)

*“I urge you, brothers, 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.”*

ROMANS 12:1 (NIV)

## GOD’S PRESCRIPTION FOR HEALTH

*“You made my body, Lord; now give me sense to heed your laws.”*

PSALM 119:73 (LB)

*“These instructions are not mere words—they are your life! By obeying them you  
will enjoy a long life in the land...”*

DEUT. 32:47 (NLT)

*“Keep my commands in your heart, for they will prolong your life many years and  
bring you prosperity... Trust in the Lord with all your heart and lean not on your  
own understanding; in all your ways acknowledge him, and he will make your  
paths straight. Do not be wise in your own eyes; Fear the Lord and shun evil.*

*This will bring health to your body and nourishment to your bones.*

*Honor the Lord with the first part of your wealth, the firstfruits of all your crops;  
then your barns will be filled to overflowing.”*

PROV. 3:1-10 (NIV)

1. \_\_\_\_\_ IS GOOD FOR MY HEALTH

*“I said to myself, “Relax, because the Lord takes care of you.”*

PSALM 116:7 (NCV)

*“A heart at peace gives life to the body, but envy rots the bones.”*

PROV. 14:30 (NIV)

2. \_\_\_\_\_ IS GOOD FOR MY HEALTH

*“When I refused to confess my sin, I was weak and miserable,  
and I groaned all day long. ...My strength evaporated...  
Finally, I confessed all my sins to you and stopped trying to hide them...  
and you forgave me! All my guilt is gone.”*

PSALM 32:3-5 (NLT)

3. \_\_\_\_\_ IS GOOD FOR MY HEALTH

*“A generous man will prosper; he who refreshes others will himself be refreshed.”*

PROV. 11:25 (NIV)

4. \_\_\_\_\_ IS GOOD FOR MY HEALTH

*“A cheerful heart is good medicine, but a crushed spirit dries up the bones.”*

PROV.17:22 (NIV)

**WINNING WITH THE HAND YOU'RE DEALT • PARTS 1-4**

*"Thank you for making me so wonderfully complex!"*

PSALM 139:14 (NLT)

*"A person who fears God deals responsibly with all of reality, not just a piece of it."*

ECCLES. 7:18 (MSG)

**FIVE FACTORS THAT INFLUENCE MY IDENTITY**

"Life is like a hand of poker. You have to play the cards you're dealt."

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## FIVE WINNING CHOICES

1. 

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*“You made my body, Lord; now give me sense to heed your laws.”*  
PSALM 119:73 (LB)

2. 

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*“Let love be your highest goal.”*  
1 COR. 14:1A (NLT)

*“I pray that Christ will live in your hearts by faith  
and that your life will be strong in love and be built on love.”*  
EPH. 3:17 (NCV)

*“There is no fear in love. But perfect love drives out fear.”*  
1 JOHN 4:18 (NIV)

3. 

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*“God knows us far better than we know ourselves... That’s why we can be so sure  
that every detail in our lives of love for God is worked into something good.  
God knew what he was doing from the very beginning. He decided from the outset to  
shape the lives of those who love him along the same lines as the life of his Son.  
The Son stands first in the line of humanity he restored. We see the original and  
intended shape of our lives there in him.”*  
ROM. 8:27-29 (MSG)

*“I will praise the Lord no matter what happens.”*  
PSALM 34:1 (LB)

4. 

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*“Don’t copy the behavior and customs of this world, but let God transform you  
into a new person by changing the way you think.”*  
ROM. 12:2 (NLT)

5.

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*“When someone becomes a Christian, he becomes a brand new person inside.  
He is not the same anymore. A new life has begun!”*

2 COR. 5:17 (LB)

## THE AWESOME POWER OF FOCUS • PARTS 1-4

### GENESIS 24:1-57

Eliazar's search for a wife for Isaac illustrates the ten steps of purpose driven goal setting.

#### 1. DETERMINE YOUR \_\_\_\_\_

*“Abraham was now old and well advanced in years,  
and the Lord had blessed him in every way.”*

GEN. 24:1

Ask:

•Where

---

•What

---

#### 2. DEFINE YOUR \_\_\_\_\_

*“... go to my country and my own relatives and get a wife for my son Isaac.”*

GEN. 24:2-4

Ask

•What do I want to

---

•What do I want to

---

•What do I want to

---



3. DISCOVER A \_\_\_\_\_

*“The Lord ... spoke to me and promised me saying,  
‘To your offspring I will give this land’...”*  
GEN. 24:7

Ask:

•What

\_\_\_\_\_

\_\_\_\_\_

4. DESCRIBE THE \_\_\_\_\_

*“... so that you can get a wife for my son there.”*  
GEN. 24:7B

Ask:

•What is the

•Why

•How will I feel

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. DESIRE IN \_\_\_\_\_

*“Then he prayed, ‘O Lord, God of my master Abraham, give me success today’...”*  
GEN. 24:12

Ask:

•Am I

\_\_\_\_\_

6. DIAGNOSE THE \_\_\_\_\_

*(Finding the right girl, gaining consent from her parents, and convincing the girl to go home with him.) Gen. 24:21,49,58*

Ask:

•Why don't I

•What are

\_\_\_\_\_

\_\_\_\_\_

7. DESIGN A PLAN \_\_\_\_\_

*His plan: set up a test, show the girl the wealth,  
get invited home, share his purpose, and pop the question.*  
GEN. 24:1-15

Ask

•How do I intend \_\_\_\_\_

•How long \_\_\_\_\_

8. DISCIPLINE YOUR \_\_\_\_\_

GEN. 24:21,33,49,56

Ask:

•Where do I \_\_\_\_\_

Areas:

• \_\_\_\_\_ (vs. 21)

• \_\_\_\_\_ (vs. 33)

• \_\_\_\_\_ (vs. 49)

• \_\_\_\_\_ (vs. 56)

9. DEPEND ON \_\_\_\_\_

GEN. 24:49-51

Ask:

•Who else \_\_\_\_\_

10. DEPOSIT THE \_\_\_\_\_

*“The servant brought out gold and silver and articles of clothing and gave them to Rebekah; he also gave costly gifts to her brother and her mother.”*

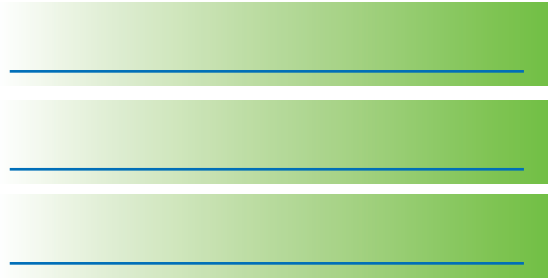
GEN. 24:53

Ask:

•What will it

•What am I willing

•Is it



# THE DANIEL PLAN

GOD'S PRESCRIPTION FOR YOUR HEALTH

## THE AWESOME POWER OF FAITH • PARTS 1-3

*“Jesus did not do many miracles of power in His hometown, because of their lack of faith.”*

MATT. 13:58 (AMP)

*“Abraham’s faith did not leave him, and he did not doubt God’s promise; instead his faith filled him with power...”*

ROM. 4:20 (GN)

### 1. FAITH IS CHOOSING \_\_\_\_\_

*“Where there is no vision, the people perish.”*

PROV. 29:18 (NIV)

*“God, by His mighty power at work within us, is able to do far more than we would ever dare to ask or even dream of – infinitely beyond our highest prayers, desires, thoughts, or hopes.”*

EPH. 3:20 (LB)

*“I am the Lord, the God of all the peoples of the world. Is anything too hard for Me?”*

JER. 32:27 (NLT)

*“Ask of Me, and I will make the nations your inheritance, the ends of the earth your possession.”*

PS. 2:8 (NIV)

### 2. FAITH IS BEING WILLING TO \_\_\_\_\_

*“They risked their lives for the name of our Lord Jesus Christ.”*

ACTS 15:26 (NAS)

*“If we are thrown into the blazing furnace, the God we serve is able to save us from it, and He will rescue us from your hand, O king. But even if He does not, we want you to know, O king, that we will not serve your gods or worship the image of gold you have set up.”*

DANIEL 3:17-18 (NIV)

*“The fear of human opinion disables.”*

*Prov. 29:25 (Mes)*

*“Each one should test his own actions. Then he can take pride in himself,  
without comparing himself to somebody else.”*

*Gal. 6:4 (NIV)*

### 3. FAITH IS EXPECTING GOD \_\_\_\_\_

*“I expect and hope that I will not fail Christ in anything but that I will have the  
courage now... to show the greatness of Christ in my life here on earth,  
whether I live or die.”*

*PHIL. 1:20 (NCV)*

*“I believe I shall enjoy the Lord’s goodness in the land of the living.”*

*PSALM 27:13 (NAB)*

*“According to your faith will it be done to you.”*

*MATT. 9:29 (NIV)*

*“Faith assures us of things we expect and convinces us  
of the existence of things we cannot see.”*

*HEB. 11:1 (GW)*

### 4. FAITH IS \_\_\_\_\_

*“Be brave. Be strong. Don’t give up. Expect God to get here soon.”*

*PSALM 31:24 (MES)*

*“My life hangs in the balance, but I will not give up obedience to Your Word.”*

*PSALM 119:109 (LB)*

*“Even if good people fall seven times, they will get back up.”*

*PROV. 24:16 (CEV)*

*“Let us not get tired of doing what is right, for after a while we will reap a harvest of  
blessing if we don’t get discouraged and give up.”*

*GAL. 6:9 (LB)*

*“Then the father of the child cried out, and said with tears,  
‘Lord, I believe! Help me with my unbelief!’”*

*MARK 9:24 (KJV)*