

## THE FIVE HABITS OF HEALTHY PEOPLE

### Preparing for the Daniel Plan

**3 John 1:2 (NLT)** “I pray that all is well with you and that your body is as healthy as I know your soul is!”

**Proverbs 3:7-8** “Don’t depend on your own wisdom. Instead respect the Lord and refuse to do what’s wrong. Then your body will be healthy, and your bones will be strong!”

## THE FIVE HEALTHY HABITS

### THE DANIEL PLAN

**Daniel 1:15 (TEV)** “When the time (of the contest) was up, Daniel and his three friends looked healthier and stronger than all those who had been eating the royal food.”

**1. HEALTHY PEOPLE \_\_\_\_\_.**  
(FOOD factor)

**1 Corinthians 6:13 (Mes)** “You know the old saying, ‘First you eat to live, and then you live to eat?’ Well, your body is only temporary, but that’s no excuse for either stuffing your body with food, or indulging it with sexual immorality. Since the Lord honored you with a body, now honor him with your body!”

**2. HEALTHY PEOPLE \_\_\_\_\_.**  
(FOCUS Factor)

**Luke 11:34 (ESV)** “Your eyes are the lamp of your body. So, if your eyes are healthy, your whole body will be full of light, but when your vision is bad, your body is full of darkness.”

**Proverbs 4:21-23 (NCV)** God: “Don’t ever forget my words, always keep them in mind. They are the key to life for those who find them; and they bring health to the whole body. Be careful what you think, because your thoughts run your life!”

**3. HEALTHY PEOPLE \_\_\_\_\_.**  
(FITNESS Factor)

**Psalm 127:2 (LB)** “It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death; for God wants his loved ones to get their proper REST.”

**1 Timothy 4:7-8 (TEV)** “Keep yourself in training for a godly life. Physical EXERCISE is good for your body but spiritual exercise is valuable in every way, because it not only helps you in your present life, but prepares you for the life to come.”

#### **4. HEALTHY PEOPLE \_\_\_\_\_.** **(FRIEND Factor)**

**Ecclesiastes 4:9-10 (TEV)** “Two are better off than one, because together they can work more effectively. If one falls down, the other can help him up. But if someone is alone and falls, there’s no one to help him.”

**Hebrews 10:25 (TEV)** “Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more...”

#### **5. HEALTHY PEOPLE \_\_\_\_\_.** **(FAITH Factor)**

**Luke 17:19 (Amp)** “Jesus said to the sick man, ‘Get up and get going! Your faith has restored you to health!’”

#### **• GREATER MOTIVATION**

**1 Corinthians 10:31 (NLT)** “Whatever you eat or drink or whatever you do, you must do it all for the glory of God.”

#### **• GREATER REWARD**

**1 Corinthians 9:25** “Athletes train and practice self-control in order to win a reward that will soon fade and be forgotten. But we do it for one that will LAST FOREVER!”

#### **• GREATER POWER**

**Philippians 2:13 (NLT)** “God is now working IN you, giving you the desire and the power to do what pleases him.”