

INTRODUCTION TO THE DANIEL PLAN

God's Prescription for Health: What God Says About My Body

1 Corinthians 6:12-13a (NIV) "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."

What God Says About My Body

1. God expects me to _____.

2. My body is _____.

1 Corinthians 6:13b (NIV) "The body is not meant for sexual immorality, but for the Lord, and the Lord for the body."

3. My body will be _____.

1 Corinthians 6:14 (NIV) "By his power God raised the Lord from the dead, and he will raise us also."

Mistakes We Make

• We use willpower instead of _____.

• We have the _____.

• We try to change on _____.

4. My body is connected to the _____.

1 Corinthians 6:15a & 18 (NIV) "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."

5. The Holy Spirit lives in _____.

1 Corinthians 6:19(NIV) "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?"

6. Jesus bought my body _____.

1 Corinthians 6:20 (NIV) "You are not your own; you were bought at a price. Therefore honor God with your body."

Romans 12:1 (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.”

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

Deuteronomy 32:47 (NLT) “These instructions are not mere words—they are your life! By obeying them you will enjoy a long life in the land...”

Proverbs 3:1-10 (NIV) “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 first fruits of all your crops; then your barns will be filled to overflowing.”

Four Things That Will Help You Be Healthier

1. _____

Psalms 116:7 (NCV) “I said to myself, “Relax, because the Lord takes care of you.”

Proverbs 14:30 (NIV) “A heart at peace gives life to the body, but envy rots the bones.”

2. _____

Psalms 32:3-5 (NLT) “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.”

3. _____

Proverbs 11:25 (NIV) “A generous man will prosper; he who refreshes others will himself be refreshed.”

4. _____

Proverbs 17:22 (NIV) “A cheerful heart is good medicine, but a crushed spirit dries up the bones.”