

# **THE DANIEL PLAN**

**Glorifying God in the Way We Eat, Move, and Think!**

## **Group Guidelines**

**Attendance:** Give Priority to the Study. Call or email if you will be late or absent.

**Safe Environment:** We will all help to create a SAFE place where people can be heard and feel loved.

**Respect Differences:** Be gentle and gracious to people with different spiritual maturity, personal opinions, or personalities. Remember we are ALL works in progress.

**Confidentiality!!!!** Keep ANYTHING that is shared strictly confidential and within the study group, and avoid sharing information about those outside of the group. (No Gossip)

**Encouragement for Growth:** Spiritually multiply your life by serving others with your God-given gifts.

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**Childcare:** Provided in the Nursery every week by Miriam Lalonde...Feel free to bring the kids in their PJ's for fun with crafts, movies and some snacks!

**Study Length:** Sunday Nights @ 7pm-9pm; beginning May 18<sup>th</sup>, 2014 and ending on June 22, 2014

To contact Victor Lalonde (facilitator of Daniel Plan) you may do so at:

Home: (613) 932-3832 or Cell (613) 662-3278 (you may text or call)

## 5 Essentials Survey

On a scale of 1-5, please use the following to rate your current status related to The Daniel Plan 5 Essentials. You will take this survey both at the beginning and again at the end of the 6 week study.

<b>FAITH</b>	<b>Very Dissatisfied</b>	<b>Dissatisfied</b>	<b>Neutral</b>	<b>Satisfied</b>	<b>Very Satisfied</b>
<b>Relationship with God</b>	1	2	3	4	5
<b>Sense of Meaning &amp; Purpose in Life</b>	1	2	3	4	5
<b>Prayer, Worship, Meditation</b>	1	2	3	4	5
<b>Spiritual Growth</b>	1	2	3	4	5
<b>Giving to Others</b>	1	2	3	4	5
<b>Add up each column &amp; enter Total Faith Score:</b>					

<b>FOOD</b>	<b>Very Dissatisfied</b>	<b>Dissatisfied</b>	<b>Neutral</b>	<b>Satisfied</b>	<b>Very Satisfied</b>
<b>I eat 7+ servings of Fruits &amp; Vegetables Daily</b>	1	2	3	4	5
<b>I eat lean protein with every meal</b>	1	2	3	4	5
<b>I drink ½ my body weight in ounces every day</b>	1	2	3	4	5
<b>I choose healthy fats</b>	1	2	3	4	5
<b>I eat a healthy, nutritious breakfast every day</b>	1	2	3	4	5
<b>Add up each column &amp; enter Total Food Score:</b>					

<b>FITNESS</b> (How I feel about)	<b>Very Dissatisfied</b>	<b>Dissatisfied</b>	<b>Neutral</b>	<b>Satisfied</b>	<b>Very Satisfied</b>
<b>My Body (appearance/weight)</b>	1	2	3	4	5
<b>My Cardiovascular Endurance</b>	1	2	3	4	5
<b>My Strength</b>	1	2	3	4	5
<b>My Flexibility</b>	1	2	3	4	5
<b>My Health</b>	1	2	3	4	5
<b>Add up each column &amp; enter Total Fitness Score:</b>					

<b>FOCUS</b>	<b>Very Dissatisfied</b>	<b>Dissatisfied</b>	<b>Neutral</b>	<b>Satisfied</b>	<b>Very Satisfied</b>
<b>Positive Mental Attitude</b>	1	2	3	4	5
<b>Achievement of Personal Goals</b>	1	2	3	4	5
<b>Peace of Mind</b>	1	2	3	4	5
<b>Gratitude &amp; Thankfulness</b>	1	2	3	4	5
<b>Ability to Handle Mistakes or Failures</b>	1	2	3	4	5
<b>Add up each column &amp; enter Total Focus Score:</b>					

<b>FAMILY/FRIENDS</b>	<b>Very Dissatisfied</b>	<b>Dissatisfied</b>	<b>Neutral</b>	<b>Satisfied</b>	<b>Very Satisfied</b>
<b>Relationship with my significant other</b>	1	2	3	4	5
<b>Relationships with my family</b>	1	2	3	4	5
<b>Relationships with my friends</b>	1	2	3	4	5
<b>Relationship with Others (coworkers/neighbours)</b>	1	2	3	4	5
<b>My communication skills</b>	1	2	3	4	5
<b>Add up each column &amp; enter Total Family/Friends Score:</b>					

## RESULTS OF 5 ESSENTIALS SURVEY

Congratulations! Now that you completed your Daniel Plan Essentials Survey, transfer your scores for each area of wellness (Faith, Food, Fitness, Family/Friends, and Focus) in the table below in the “My Score” Column. Below gives you a better understanding of what your scores mean as well as learning about the stages of change and how to move forward!

DAY 1		DAY 40	
MY SCORE		MY SCORE	
FAITH		FAITH	
FOOD		FOOD	
FITNESS		FITNESS	
FAMILY/FRIENDS		FAMILY/FRIENDS	
FOCUS		FOCUS	

**20-25:** Well Done! If you scored 20-25 points for a particular Daniel Plan Essential, your answers demonstrate you are aware of the importance of this area to your personal wellness and have developed healthy habits.

**15-20:** If you scored between 15-20 in one or more of your Daniel Plan Essentials, your health and wellness practices are going well, but you may have room for some improvement. Identify the statements you are unsatisfied with and begin to review tips and strategies in this group study to help improve your score the next time you take this survey.

**10-15:** If you scored between 10-15 in one of more of your Daniel Plan Essentials, this may be an ideal area in which to begin to focus your attention and set specific goals.

**Scores Below 10:** If you scored below 10 in one or more of your Daniel Plan Essentials, it's time to focus your attention on making some changes. Identify all statements on which you may have scored yourself 1 or 2 and begin to consider your interest in improving these areas.

# Session One

## FAITH: Nurturing Your Soul

**"I can do all things through Christ  
who strengthens me."**

**Philippians 4:13 (WEB)**

1. Life is a battle, because everything in the world is \_\_\_\_\_.

*"I don't understand myself at all, for I really want to do what is right, but I can't. I do what I don't want to- what I hate. I know perfectly well that what I am doing is wrong, and my bad conscience proves that I agree with these laws I am breaking. But I can't help myself because I'm no longer doing it. It is sin inside me that is stronger than I am that makes me do these evil things. No matter which way I turn I can't make myself do right. I want to but I can't. When I want to do good, I don't' and when I try not to do wrong, I do it anyway." – Romans 7:15-19 (Living Bible)*

*"My new life tells me to do right, but the old nature that is still inside me loves to sin. Oh, what a terrible predicament I'm in! Who will free me from my slavery to this deadly lower nature? Thank God! It has been done by Jesus Christ out Lord. He has set me free." – Romans 7:23-25 (Living Bible)*

2. Romans Chapter 8 gives us six wonderful benefits of \_\_\_\_\_ in God's spirit.

*"So there is now no condemnation awaiting those who belong to Christ Jesus. For the power of the life-giving Spirit – and this power is mine through Christ Jesus – has freed me from the vicious circle of sin and death." – Romans 8: 1-2 (Living Bible)*

>> All change starts with \_\_\_\_\_.

>> The second thing that helps us to change is the \_\_\_\_\_.

*"Following after the Holy Spirit leads to life and peace, but following after the old nature leads to death." – Romans 8:6 (LB)*

**(Session One: FAITH Contd....Page 2)**

*"You are controlled by your new nature if you have the Spirit of God living in you."  
-Romans 8:9 (LB)*

*"So, dear brothers, you have no obligation, whatever, to your old sinful nature."  
-Romans 8:12 (LB)*

*"We are saved by trusting. And trusting means looking forward to getting something we don't yet have – for a man who already has something doesn't need to hope and trust that he will get it. But if we must keep trusting God for something that hasn't happened yet, it teaches us to wait patiently and confidently. And in the same way – by our faith- the Holy Spirit helps us with our daily problems and in our praying."  
-Romans 8:24-26 (LB)*

>>We do this by \_\_\_\_\_.

*"And we know that all that happens to us is working for our good if we love God and are fitting into His plans." – Romans 8:28a (LB)*

>> God will work all for \_\_\_\_\_.

*"What can we ever say to such wonderful things as these? If God is on our side, who can ever be against us? Since he did not spare even his own Son for us but gave him up for us all, won't he also surely give us everything else?" – Romans 8:31-32 (LB)*

>> God wants you to \_\_\_\_\_ in your life.

*"For I am convinced that nothing can ever separate us from his love. Death can't, and life can't. The angels won't, and all the powers of hell itself cannot keep God's love away. Our fears for today, our worries about tomorrow, or where we are – high above the sky, or in the deepest ocean – nothing will ever be able to separate us from the love of God demonstrated by our Lord Jesus Christ when he died for us."  
-Romans 8:38-39 (LB)*

>> God's \_\_\_\_\_ will never stop.

## **Interview with Jimmy Pena (Founder of Prayfit)**

3. \_\_\_\_\_ is the foundation of The Daniel Plan because faith is the foundation of every part of our lives.  
>>True Faith motivates us to do God's will.  
>>God's Word provides important tools for overcoming obstacles in our lives.
4. Graces removes the burden of trying to \_\_\_\_\_ a body that won't last, and yet grace is the reason to honour it, every day that it does.  
  
>> It's not about the mirror, it's about the one we're trying to mirror!
5. Our health is about \_\_\_\_\_.  
That's the focus of The Daniel Plan: Harnessing God's Word, spending time with it every day, and setting the tone for an abundant life.

**“Therefore, honour God with your bodies.” – 1 Corinthians 6:20b (NIV)**

## **Growing Together**

1. Which of the five essentials (Faith, Food, Fitness, Focus or Family/Friends) comes to mind when you read Romans 7: knowing what to do but not doing it?
2. Many of us wrestle with shame – feeling condemned or not good enough. If the Bible says that we have no condemnation, what does that mean to you personally?
3. Jimmy talked about the truth that grace means we don't have to be perfect. Have you ever wrestled with perfectionism? If so, how has that impacted your relationships with God and others?

**Session Two:**  
**FOOD: Enjoying God's**  
**Abundance**

“So whether you eat or drink, or whatever you do, do it all for the glory of God.”

1 Corinthians 10:31  
(NIV)

- 1) Nearly 7 out of 10 Americans are \_\_\_\_\_.
- >> 80 Million People in America are diabetic or pre-diabetic.
- >> Worldwide, obesity kills as many people as malnutrition.

*“Everything is permissible for me’ – but not everything is beneficial. Everything is permissible for me’—but I will not be mastered by anything.” – 1 Corinthians 6:12 (NIV 1984)*

*“Food for the stomach and the stomach for food, and God will destroy them both.”*

*-1 Corinthians 6:13 (NIV)*

- 2) Your \_\_\_\_\_ is a temple of the Holy Spirit.

>> Your body is a gift from God.

*“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price.”*

*-1 Corinthians 6:19-20 (NIV)*



## (FOOD: Contd.)

- 3) God says that you are to be the \_\_\_\_\_ of your body.

*“It is senseless for you to work so hard from early morning until late at night...God wants his loved ones to get their proper rest.” – Psalm 127:2 (LB)*

*“Don’t be drunk with wine, because that will ruin your life.” – Ephesians 5:18 (NIV)*

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

### Interview with Dr. Mark Hyman

- 4) Food isn’t just calories and \_\_\_\_\_; it’s actually got \_\_\_\_\_.

>>It tells your body what to do; it tells it to get sick or to get healthy!

>>General Rule of Thumb: If God made it, it’s good for you. If man processed it, It’s not good for you.

>>The shorter the distance food travels from the field to your fork; the better it is for you.

- 5) If you do nothing else on The Daniel Plan with food, read your \_\_\_\_\_ and avoid these 3 things....

>>> **HIGH FRUCTOSE CORN SYRUP**

>>> **TRANS FAT/HYDROGENATED FATS**

>>> **MSG**

- 6) In less than 48 hours, you \_\_\_\_\_ can completely re-shift.

>>> Start your day with \_\_\_\_\_.

>>> Eat at \_\_\_\_\_ intervals.

>>> Don’t drink \_\_\_\_\_ - \_\_\_\_\_ calories.

- 7) You can eat a lot of food if you eat \_\_\_\_\_ food.

## (Food Contd.)

### Growing Together

- 1) In the video, Pastor Rick described his family's dining room table and the dominant place that food had in his family growing up. In what ways is your story similar to, or different from, his?
- 2) The Bible says that our bodies are temples of God's Spirit and a gift from God. What does that mean to you, on a practical level? What implications does it have for the choices you make?
- 3) In the video, Dr. Hyman and Dee talked about how you can change your brain in 48 hours based on what you eat. Out of the three things Dr. Hyman suggests, which one would you consider trying this week and why?

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### The Daniel Plan Plate



## (Food Contd.)

The Daniel Plan Plate gives an easy guideline to use for any meal:

- 50 percent Non-Starchy Veggies
- 25 percent healthy animal or vegetable protein
- 25 percent healthy starch or whole grains
- Side of low-sugar (low-glycemic) fruit
- Water or Caffeine-free herbal teas with lemon

<b>Non – Starchy Veggies</b>	<b>Protein</b>	<b>Starch or Grains</b>	<b>Low-Glycemic Fruits</b>
Asparagus	Beans	Beets	Apples
Bell peppers	Beef	Brown/Black Rice	Blackberries
Broccoli	Chicken	Carrots	Blueberries
Cauliflower	Eggs	Buckwheat	Gogi berries
Collard Greens	Halibut	Green Peas	Grapefruit
Cucumbers	Lentils	Corn	Plums
Green beans	Nuts	Quinoa	Kiwi
Kale	Salmon	Sweet Potatoes	Nectarines
Spinach	Seeds	Turnips	Peaches
Zucchini	Turkey	Winter Squash	Raspberries

**\*\*Go to [danielplan.com/recipes/3-day-meal-plan](http://danielplan.com/recipes/3-day-meal-plan) to get your 3 day Meal Plan to try! It will have all the recipes and even a shopping list for you to follow to get everything necessary for your recipes. Feel free to swap out fruit and vegetables based on the season or your taste buds. Explore different spices and herbs to add flavour! Let your food become a JOY!**

# **TOP 10 TIPS TO CURB YOUR CRAVINGS**

1. **Avoid Your Triggers:** The reality is that you crave what you eat, so as you make healthier choices, your old cravings will weaken. Certain situations can sabotage your weight loss efforts. For example, going to the movies can ignite your brain's emotional memory centers and make you feel like you need an extra-large tub of popcorn. Identify the PEOPLE, PLACES, and THINGS that trigger your cravings and plan ahead to avoid making an unhealthy choice. For example, take a healthy snack to the movies so you are not tempted to buy popcorn. And it will save you money!!
2. **Balance Your Blood Sugar:** Research studies indicate that low blood sugar levels are associated with lower overall blood flow to the brain, which can jeopardize your ability to make good decisions. To keep your blood sugar stable, eat a nutritious breakfast with protein, such as eggs, a protein shake, or nut butters. Plan to eat smaller, more frequent meals throughout the day. Also, avoid eating 2-3 hours before bedtime.
3. **Eliminate Sugar, Artificial Sweeteners, and Refined Carbs:** It's best to go COLD TURKEY! Eliminate refined sugars, sodas, fruit juices, and artificial sweeteners from your diet, as these can trigger cravings. Many doctors believe that sugar is the primary cause of obesity, high blood pressure, heart disease and diabetes. The latest statistics reveal that the average American consumes 130 pounds of sugar a year!
4. **Eat, SLOW carb, not LOW carb:** Eat carbohydrates that don't spike your blood sugar. Choose high fibre carbs that keep you fuller longer, and help reduce your sugar cravings. You can increase your fibre intake by eating vegetables, fruits, beans, and whole grains. Fibre will assist weight loss because it fills up your stomach and helps you moderate your portions. Carbohydrates are essential to good health and are not the enemy. Bad carbohydrates such as simple sugars and refined products are the ones to avoid.
5. **Drink more water!** Sometimes hunger is disguised as dehydration. When you are dehydrated, your body will increase your hunger level in an attempt to get more water to rehydrate. Try drinking a glass of water before your meals to make you feel fuller and thus moderate your food intake.

## (TOP 10 TIPS...Contd.)

6. **Make protein 25% of your diet!** Protein fills you up and keeps you satisfied longer. It also regulates your blood sugar and makes your body release appetite-suppressing hormones.
7. **Manage your stress:** Stress triggers hormones that activate cravings. Chronic stress has been associated with obesity, addiction, anxiety, depression, Alzheimer's disease, heart disease, and cancer. Adopt a daily stress management program that includes deep breathing exercises, prayer, and other relaxation techniques.
8. **Follow the 90/10 Rule:** Give yourself a BREAK! Make great food choices 90% of the time, and allow yourself margin to enjoy some of your favourite foods ON OCCASION! This way you won't feel deprived and you will avoid binging on something you'll regret later.
9. **Get Moving!!** Research shows that physical activity can curb cravings. Plan out your exercise for the week and schedule it on your calendar. Make the commitment to yourself just like any other important meeting or appointment.
10. **Get 7-8 hours of sleep a night!** Sleep deprivation can increase cravings. Check out our tips for healthy sleep habits on [www.danielplan.com](http://www.danielplan.com)

**“Truly, what you put on your fork dictates whether you are sick or well, slim or fat, depleted or energized.” – Dr. Mark Hyman**



## Session Three:

### FITNESS: STRENGTHENING YOUR BODY

“Do you not know that your bodies are temples of the Holy Spirit...  
Therefore, honour God with your bodies.”  
-1 Corinthians 6:19a, 20b (NIV)

- 1) The Bible tells us, in preparing ourselves, we have to \_\_\_\_\_ our hearts and we have to \_\_\_\_\_ our bodies.

>> I purify my heart by committing my thought life to God.

>> I sanctify my body by dedicating my physical body to God’s purpose.

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

*-Psalms 119:73 (LB)*

*“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship.” – Romans 12:1 (NIV)*

*“It is senseless for you to work so hard from early morning until late at night...for God wants his loved ones to get their proper rest.” – Psalm 127:2 (LB)*

- 2) One-third of Jesus’ ministry was helping people get \_\_\_\_\_ healthy.

>> Jesus cares about your mind AND your body! – Your overall HEALTH!

- 3) The Bible advises us to \_\_\_\_\_ our body.

*“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honour God with your bodies.” – 1 Corinthians 6: 19-20 (NIV)*

## (FITNESS: Contd.)

- 4) When you love God, and you love other people, then you're \_\_\_\_\_ for being healthy changes.

>> God has promised to bless goals, when you commit your body to Him.  
>> For change to happen, it actually works best to begin with the physical.

- 5) Caring for your body is an act of \_\_\_\_\_. It is also an act of \_\_\_\_\_.

>>What you think you own is really on LOAN!

*"No one hates his own body, but feeds and cares for it, just as Christ cares for the church." – Ephesians 5:29 (NLT)*

## INTERVIEW WITH SEAN FOY – EXERCISE PHYSIOLOGIST

- 6) The best exercise is the one that you will actually \_\_\_\_\_.

>> Performing simple, 15-30 second movements at your desk a few times a day can significantly improve your health.

>> Short bursts of exercise, just three or four times a day, can drastically improve your fitness level.

*"Becoming Daniel Strong is the act of pursuing excellence so that we can glorify God physically, emotionally, relationally, and spiritually." – Sean Foy*

## (FITNESS: Contd.)

7) Physical motion affects \_\_\_\_\_.

>> Simple deep breathing exercises and easy stretching movements can significantly improve your health.

>> If you can SCHEDULE your activity BEFORE it happens, it is very beneficial.

>> Schedule exercise and track your progress. USE A JOURNAL.

>> The more you move, the better you will feel. The better you feel, the greater your likelihood that you will exercise more. It's a positive cycle.

*"For God's temple is holy, and you are that temple." – 1 Corinthians 3:17b (NLT)*

## GROWING TOGETHER

- 1) We typically reject, neglect, perfect or protect our bodies...Which one of those words describes how you treat your body? What's one thing you can do this week to "PROTECT" your body?
- 2) The BEST exercise is actually the one you will DO! What is something you enjoy doing?
- 3) Who is your exercise buddy?? If you don't have one, what's one small step you can take to find one? (It can even be your dog ;)



## 15-30 Second Exercises to Try This Week

### 1) Standing Arm Circles

- Stand Upright, with your feet hip-width apart, knees slightly bent, and your arms extended out to your sides, raised to shoulder level with your palms facing the floor.
- Next, begin to make small, forward circular motions with your hands and arms in a controlled, slow fashion. Perform ten times.
- Now, begin to increase the size of the shoulder arm circles by progressing to medium and then larger circular motions, until you are reaching as far forward and back as you comfortably can...perform ten times.
- Repeat the motion, in reverse.
- Perform ten times or for 15-20 second in each direction.

### 2) Toe Touches

- Stand upright, with your feet tight together, legs straight, and your hand on your thighs (palms down).
- Slowly and under control, bend forward at your waist (NOT YOUR BACK), reaching down with your hands and trying to touch your shins or toes.
- Hold the stretch for 10-30 seconds. SLOWLY come back up to standing upright position.

\*\*If you have any lower back problems, do not try toe touches like this...use alternative method.

**Alternative Method:** Seated in a chair, with one leg extended, reach forward with both hands, bending from the waist, trying to reach your shins or toes. Again, hold for 10-30 seconds.

### Here are a few other Suggestions of stretching...

- Pilates Classes
- Stability Ball Stretching
- Self-massage using a foam roller, ball, or stick
- Stretching with a towel or resistance bands
- Stretching at your desk at work

# ACTIVE GAMES & AEROBIC ACTIVITY

These are a few of the positive benefits for your body and health by performing active games and/or aerobic activity; we recommend 3-5 times a week for 20-60 minutes.

- Increased Lung capacity, muscle tone and blood flow
- Stimulates the brain, sharpens listening skills, improves problem solving skills
- Delayed age-associated memory loss
- Creating social ties and friendships
- Reduces the risk of diabetes and high cholesterol
- Lowers risk of heart disease, cancer and osteoporosis
- Strengthens the immune system (i.e. get sick less)
- Lowers levels of depression, stress and anxiety (raises endorphins)
- Increased self-esteem and self-image
- Increased ability to burn fat for energy (increases metabolism)
- Sleep better, therefore produces more energy and productivity

**\*\*Your heart is a MUSCLE...anything that challenges it, can help to strengthen it!**

Here are a few active games and/or aerobic exercises to choose from to stay young at heart:

- |                              |                                   |          |
|------------------------------|-----------------------------------|----------|
| -Badminton                   | -Volleyball                       | -Wii Fit |
| -Backpacking                 | -Jumping Rope                     |          |
| -Baseball/Softball           | -Mountain Climbing/Hiking         |          |
| -Basketball                  | -Roller/Ice Skating/Rollerblading |          |
| -Bowling                     | -Rowing/Canoeing/Kayaking         |          |
| -Bicycling (stationary/road) | -Skateboarding                    |          |
| -Cross-Country Skiing        | -Skiing/Snowboarding              |          |
| -Dancing                     | -Soccer                           |          |
| -Dodge ball                  | -Snowshoeing                      |          |
| -Flag Football               | -Swimming                         |          |
| -Frisbee                     | -Table Tennis/Outdoor Tennis      |          |
| -Golf                        | -Tag                              |          |
| -Handball                    | -Trampoline Jumping               |          |
| -Horseback Riding            | -Zumba                            |          |

# Youthful Strength Training

Those who perform strength training on a regular basis will be the first to tell you, with a smile on their face, that their body and mind feel years younger. That is Youthful Strength Training. Some benefits a youthful strength training program has on overall health and fitness include:

- Boosts Metabolism
- Manages Weight & Reduces Body Fat
- Improves Posture
- Tones and Firms Muscles
- Improves Mobility and Balance
- Helps prevent osteoporosis
- Reduces Stress & anxiety
- Decreases risk of injury
- Lowers risk of heart disease, cancer, blood pressure issues, diabetes, and arthritis
- Improves Sleep

What would “Bring a Smile to your Face?” These are a few choices for Strength Training:

- |  |                             |
|--|-----------------------------|
| - Barbell Training                       | -Pull Up Bars (Chin Ups)    |
| - Boot Camp Training                     | -Resistance Bands           |
| - Canoeing/Kayaking                      | -Rock Climbing              |
| - Circuit Training Classes               | -Rowing Machines            |
| - Cross Fit (OR CHRIST-FIT. Coming SOON) | -Sand Bag Lifting, Dragging |
| - Gymnastics                             | -Sled Training              |
| - Heavy Rope Lifting or Swinging         | -Strength Training DVDs     |
| - Kettle bell Training                   | -Suspension Training (TRX)  |
| - Medicine Ball Training                 | -Boxing 😊                   |

Your Training should consist of upper and lower body movements, using anywhere from 5-10 different exercises, each with 8-15 repetitions. Person 1-3 SETS (group of repetitions) at moderate intensity for minimum of 2-3 days a week. Even performing exercises using just your body weight will show you good results.

**Try doing the following every day... 10 Squats....**

## Session Four:

### FOCUS: RENEWING YOUR MIND

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

1. Make a \_\_\_\_\_.

- When you share a goal with someone else, your chance of achieving it increases dramatically.
- Clarify what matters most, calculate the time, and put it on the calendar.

2. Be ruthless with \_\_\_\_\_.

- Whatever gets your attention gets you.
- Stop focusing on what you don't want and start focusing on what you do want.

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

3. Change is always a \_\_\_\_\_.

- If you change your brain, you can change your life.
- The urgent is almost never the most important thing.
- Goals focus your energy.

4. A goal is a dream with a \_\_\_\_\_.

- A goal is very specific, measurable, and timely.
- Long-term goals keep you from being discouraged by short-term setbacks.

## **(Session Four: Contd.)**

***“My counsel is this: Live freely, animated and motivated by God’s Spirit. Then you won’t feed the compulsions of selfishness.” – Galatians 5:16 (MSG)***

***“May our Lord Jesus Christ himself and God our father who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.” – 2 Thessalonians 2:16-17 (NIV)***

***“For it is God who works in you to will and to act in order to fulfill his good purpose.”***

***-- Philippians 2:13 (NIV)***

***“For God has given us a spirit of fear and timidity, but of power, love, and self-discipline.”***

***-2 Timothy 1:7 (NLT)***

***“I pray that for his glorious, unlimited resources he will empower you with inner strength through his spirit.” – Ephesians 3:16 (NLT)***

## **An Interview with Dr. Daniel Amen**

5. Emotions drive \_\_\_\_\_.

- Getting your mind right is such an important pillar to being healthy overall.
- Embrace all five essentials. All impact your thoughts, and your thoughts impact your health.
- Positive thoughts release positive chemicals in your brain. Negative thoughts release negative chemicals.

## (Session Four: Contd.)

6. Your thoughts sometimes lie! Whenever you feel sad, mad, nervous, or out of control, write down your thought and then ask, “Is it \_\_\_\_\_?”
  - Uninvestigated thoughts can cause stress in our lives.
  - Research shows that prayer optimizes brain function.

***“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.” – Philippians 4:8 (NIV)***

7. Where you bring your attention determines how you \_\_\_\_\_.
  - Focus on what you are grateful for.
  - Turn bad days into good data. On the Daniel Plan you cannot fail, because every failure is really just a lesson to help you.

## Growing Together

1. Share about a time you made a significant change in your life. What motivated you (that is, where did you find the energy to make that change)?
  
  
  
  
  
  
  
  
  
  
2. What are some of the “good” things in your life (baby fruit) that distract you from doing the most important things?

## (Session Four: Contd.)

3. What are some specific attitudes or actions you can adopt that will help increase your energy levels?
4. What circumstances in your life cause you to slip into negativity? What are some biblical truths that could replace negative thoughts?

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### ***FOCUS: NEXT STEPS....***

1. Write down one thing you are grateful for. Just doing so will enhance your brain!
2. EACH DAY THIS WEEK... Write down three different things for which you are thankful! Take notice how this will impact your overall health, your level of optimism, and your general mood! Record what you notice below.

## **SEVEN WARNING SIGNS YOUR BRAIN MAY BE IN TROUBLE**

1. **POOR MEMORY** - If your memory is worse than it was 10 years ago, it is a sign your brain is struggling.
2. **POOR JUDGEMENT/IMPULSIVENESS** – If you struggle with consistent problems of poor judgement or impulsive behaviour, your brain may be troubled.
3. **SHORT ATTENTION SPAN/DISTRACTIBILITY** – Having a short attention span or being easily distracted could be a sign of brain dysfunction, meaning it is time to start taking better care of it.
4. **DEPRESSION** - When sad or depressed feelings persist, it is called clinical depression, and is usually associated with lower activity on the brain. Boosting brain function often has a very positive effect on mood.
5. **OBESITY OR BEING OVERWEIGHT** – Studies show that as your weight goes up, your ability to think and reason goes down, which means that over time, if you don't get your weight under control, it will become harder for you to use your own good judgement.
6. **LOW ENERGY** – When people feel physically tired, it is often due to low brain function.
7. **CHRONIC INSOMNIA/SLEEP APNEA** – Research suggests that people who get less than 7 hours of sleep at night have lower overall blood flow to the brain and poor cognitive functioning. Sleep apnea (snoring loudly, stopping breathing at night, or feeling chronically tired during the day) increases a person's risk for obesity, depression, and Alzheimer's disease. If you have insomnia or sleep apnea, it is critical to get them under control.



## Strategies to Boost Your Mood & Decision Making

1. **PRAY ON A REGULAR BASIS:** Decades of research have shown that prayer calms stress and enhances brain function. Studies have shown that it improves attention and planning, reduces depression and anxiety, decreases sleepiness, and protects the brain from cognitive decline associated with normal aging.
2. **LEARN TO DELEGATE!** Two of the greatest life skills you can learn are the art of delegation and the ability to say no. When someone asks you to do something, a good first response should be “let me think about it.” This allows you to check your schedule, desires and goals. And then if you have too much on your plate, delegate.
3. **LISTEN TO SOOTHING MUSIC:** Music has healing power that can bring peace to a stressful mind. Listening to uplifting music that reminds you of God’s truths (such as worship music) can have a calming effect and reduce stress and calm anxiety.
4. **CONSIDER CALMING SCENTS:** The scent of lavender has been used since ancient times for its calming, stress-relieving properties. Add a few drops of lavender oil to your bath or set dried lavender in your bedroom. Many other scents such as geranium, rose, cardamom, sandalwood, and chamomile are considered to have a calming effect.
5. **TAKE A CALMING SUPPLEMENT:** B Vitamins help the brain affect mood and thinking. L-Theanine is an amino acid mainly found in the green tea plant. NOTE: Pregnant woman and nursing mothers should avoid these supplements. GABA (Gama-aminobutyric acid) works in the same way as anti-anxiety drugs and anticonvulsants. It has a calming effect for people who struggle with temper, irritability, and anxiety, whether or not these symptoms relate to anxiety.
6. **LAUGH MORE:** Laughter counteracts stress and is good for the immune system. Laughter lowers the flow of dangerous stress hormones. Laughter eases digestion and soothes stomach-aches, a common symptom of chronic stress. And it increases the release of endorphins (the feel good hormone).

***Average Child laughs hundreds of times a day! Average adult only 12 times a day!***

***“A cheerful heart is good medicine” – Proverbs 17:22***



## Session Five:

# FRIENDS: ENCOURAGING ONE ANOTHER

***“Two people are better off than one, for they can help each other succeed.”  
-Ecclesiastes 4:9 (NLT)***

1. God designed us to \_\_\_\_\_ in relationships. We are always better together.

- In order to follow through with a big challenge, you need God’s power and you need a partner.

***“Two are better than one, because they have a good return for their labour; if either of them falls down, one can help the other up.” – Ecclesiastes 4:9-10 (NIV)***

***“So then, let us be always seeking the ways which lead to peace and the ways in which we can support one another.” – Romans 14:19 (NJB)***

2. You can summarize the purpose of life in two sentences. Love \_\_\_\_\_ with all your heart. Love your \_\_\_\_\_ as yourself.

- If I want permanent changes in my life, I must fill my life with love.
- Love is the most powerful force in the universe, because God is love.

***“Don’t just pretend that you love others: really love them...Love each other with brotherly affection and take delight in honouring each other.” – Romans 12:9-10 (LB)***

3. There are four ways that we demonstrate love for one another.

- We must \_\_\_\_\_ to each other.
- Be willing to \_\_\_\_\_ from each other.
- We need to be able to \_\_\_\_\_ with each other.
- We need to \_\_\_\_\_ each other.

## (FRIENDS: Contd.)

*“Instead, speaking the truth in love, growing in every way more and more like Christ.”  
– Ephesians 4:15 (NLT)*

*“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” – Ephesians 4:32 (NIV)*

### AN INTERVIEW WITH PASTOR STEVE WILLIS

4. If our children aren't being all that God wants them to be, if they're not achieving what they could, just because they aren't eating the right foods, then that's a \_\_\_\_\_ issue.
  - Poor nutrition impacts a child's ability to concentrate in school and leads to early death or disability in adults.
  - If the church can support each other in our efforts to become healthier, we would all find greater time and energy to serve God and our communities.
  
5. The Daniel Plan offers a \_\_\_\_\_ message.
  - When you speak the truth in love, people are more open to accept it.
  
6. If you want to make changes in your life, especially in the areas of health and nutrition, hang out with people who “ \_\_\_\_\_.”
  - Community is what spurs us on to making the changes that we really need.
  - You are more likely to be influenced by the friends you spend time with than by your parents' genetics.

# Growing Together

1. Pastor Rick talked about the four keys to demonstrating love to each other...  
Why are these so challenging for us to do? Which one, for you, feels the most loving when you receive it?
  
2. Pastor Steve told a story of how improving nutrition and exercise had profound results.  
Discuss some options that could work with your family, friends or community.
  
3. Share about a time when you had a positive conversation about health and fitness – or actually worked with someone, to improve your health. What happened as a result?

**\*\*\*FRIENDS ARE THE “SECRET SAUCE” OF THE DANIEL PLAN!!!\*\*\***

**Set up a time to get together with your BUDDIES this week...for a healthy meal, a hike or workout, or just to talk and pray together...**

**Or all of the above!**

## What's Next?????

Sunday, July 6<sup>th</sup>, 2014

5pm..here at the Church!

### \*\*The Daniel Plan Pot Blessed Dinner\*\*

- \*Everyone sign up at door with Miriam to bring either an appetizer, entrée, salad, or dessert.
- \*Come with your bite sized sample for everyone to try. So make enough for about 45 People.
- \*Email your recipe to Miriam as she will gather them all and make a recipe book for everyone to be able to try the recipes at home with their families.

[mir\\_mimi@live.ca](mailto:mir_mimi@live.ca)

- \*We will eat together, socialize and then finish up at 7pm with the last lesson.....

SESSION SIX: LIVING THE LIFESTYLE!

“FULFILLING YOUR PURPOSE”

Hope to see you there!

## Session Six:

# Living the Lifestyle; Fulfilling Your PURPOSE

***“Anyone who belongs to Christ is a new person. The past is forgotten, and everything is new.”***

***-2 Corinthians 5:17 (CEV)***

1. We must remove all \_\_\_\_\_.

***“Let us strip off anything that slows us down or holds us back...and let us run with patience the particular race that God has set before us.” – Hebrews 12:1 (LB)***

- The #1 thing that keeps people from becoming what GOD wants them to be is their past.

***“Forget the former thing; do not dwell on the past.” – Isaiah 43:18 (NIV)***

***“Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race.” – Philippians 3:13-14 (NLT)***

- Rick Warren says, “Obstacles are what you see when you take your eye off the goal.”

2. We must remember the \_\_\_\_\_ and the \_\_\_\_\_.

- Our primary reason for following the Daniel Plan is to bring Glory to GOD.
- The reward of living The Daniel Plan lifestyle is better physical health, more strength and energy, a sharper mind, deeper friendships, and a stronger faith.

## (Session Six: Contd.)

3. We must \_\_\_\_\_ ourselves daily.

***“We never become discouraged...yet our spiritual being is renewed day after day.”***

***-2 Corinthians 4:16 (GNB)***

***“Lord, when doubts fill my mind, when my heart is in turmoil, quiet me and give me renewed hope and cheer.” – Psalm 94:19 (LB)***

- Take time to be quiet and communicate with God every day.
- When you begin to doubt yourself, remember three things; God’s goodness yesterday, God’s presence today, and God’s promises for tomorrow!

4. We must \_\_\_\_\_ discouragement.

- Discouragement is an enemy of your goals!

***“And 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.” –Galatians 6:9 (LB)***

5. Finally, we must \_\_\_\_\_ on Christ.

- Willpower is NOT enough.

***“For God is working in you, giving you the desire and the power to do what pleases Him.” – Philippians 2:13 (NLT)***

***“And I am sure that God who began a 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 (LB)***

- Don’t focus on failures. Focus on CHRIST!

## **AN INTERVIEW WITH JIMMY PENA**

6. The Daniel Plan is about \_\_\_\_\_, not deprivation.

- Find healthy things you like doing and keep doing them.
- The goal is not to deprive, but to THRIVE!

***Jesus said, "I came that they might have life and have it abundantly."***

***–John 10:10b (ESV)***

7. When we take it a \_\_\_\_\_ at a time, that makes all the difference in our lives.

- Continue exploring new foods and movement you enjoy.
- Repeating healthy actions lead to a changed mind and body.

8. It's not about perfection, it's about the \_\_\_\_\_.

- It's a process full of grace.

***"My grace is sufficient for you, for my power is made perfect in weakness."***

***– 2 Corinthians 12:9a (NIV)***

The Daniel Plan says,  
"It's okay to make mistakes. If you get a little off-track, just  
make a U-Turn."



## **Growing Together**

1. Pastor Rick shared five keys to sustaining your Daniel Plan Journey; Which of these was particularly significant for you? Why?
2. Pastor Rick challenged us to take 5 minutes every day to be quiet and calm. Is this a regular habit in your life? What barriers get in your way of making this a regular spiritual practice?
3. Jimmy Pena talked about healthy habits coming from practising healthy behaviours. What are one or two “healthy habits” that you’ve developed as a result of this study? What is your plan for sustaining those habits going forward?
4. Jimmy and Dee talked about ENERGY GAINS and ENERGY DRAINS. Share a few things that would ADD replenishment as you continue on your Daniel Plan journey.
5. **TAKE A MOMENT NOW TO COMPLETE THE SURVEY YOU DID AT WEEK ONE! SHARE THE RESULTS WITH THE GROUP AND CELEBRATE YOUR ACCOMPLISHMENTS!**

**GREAT JOB EVERYONE!!!!**

## **MOVING FORWARD.....**

1. **“CHRIST-FIT FITNESS” – starting July 14<sup>th</sup>, 2014**
  - Monday nights @ 6:30pm (1 Hour) at the Church.
  - Outside, but if too hot, or raining, we will be indoors.
  - For ALL fitness levels (\*options available for advanced or people with medical restrictions)
  - NEED**: Proper footwear (running shoes), appropriate clothing for weather (suggest shorts/capris, t-shirt or tank top)...**BRING WATER!!!**
  
2. **Get together with your BUDDY and walk for 15-30 minutes, 2-3 times a week. If you can try a light jog....jog for 5 minutes and walk for 2 minutes for a total of 30 minutes.**
  
3. **Go to Daniel Plan website for recipes, and lot’s of other helpful tips!**

[www.danielplan.com](http://www.danielplan.com)
  
4. **Follow The Daniel Plan Facebook page for our church to stay involved and stay connected!**
  
5. **Keep up the GOOD WORK!!!!**