

THE **D**+ DANIEL PLAN

7 - DAY MINDSET CHALLENGE



Welcome to the 7 Day Mindset Challenge

We are so glad you have joined for what we hope will be a catalyst for new beginnings in your life! At the Daniel Plan we've learned that making lasting change with our health begins with a renewed mindset. In fact, Romans 12:2 says that we are actually transformed by the renewing of our mind.

When we trade our old thinking in for new thinking that is based God's promises, true transformation begins. Proverbs 4:23 says to be careful what you think, for your thoughts run your life! And in Philippians 4:8 the Apostle Paul asks us to fix our thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable.

So in our challenge we are going to ask you to do just that. For the next seven days we encourage you to be aware of your thoughts and any negative thinking that may be creep in to derail your attempts to get healthy. And instead let the inspiration of God's word guide your thoughts as you meditate on His promises.

Each day we will provide you with a devotional to reflect on, a guided prayer to listen to, and a mindset challenge to act on. It's our hearts desire that each day would bring a renewed mindset as you take time to ponder God's goodness, be still in His presence and replace negative thoughts with His truth.

As you carve out moments over the next seven days, we pray it would allow God's everlasting hope to become part of your present reality. And that your renewed mindset would set the stage to reach a whole new level of wellness that energizes you to follow God's unique plan for your life. Know each of the team members of the Daniel Plan, Daily Hope and Abide will be with you in prayer for each step of this journey.

Blessings,

A handwritten signature in black ink, reading "Dee Eastman". The signature is fluid and cursive, with the first name "Dee" and last name "Eastman" clearly distinguishable.

Dee Eastman

7 DAY MINDSET CHALLENGE: DAY 1

Lavished

See what great love the Father has lavished on us, that we should be called children of God! —1 John 3:1

The whole Trinity lavishes love on us. Our heavenly Father calls us his true children. Jesus Christ sacrificed his life for us. And in the Holy Spirit, love is within us.

We are people who are loved, loved, loved. The apostle Paul says, “And I pray that you, being rooted and established in love, may have the power, together with all the Lord’s holy people, to grasp how wide and how long and how high and how deep is the love of Christ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God” (Ephesians 3:17-19). He wants us to know this love that surpasses knowledge, because only when we truly know it will we be able to struggle fruitfully toward change. We are surrounded by love, before us, above us, behind us.

Food for Thought

God has lavished his love on us; we are his!

Challenge

Take some time to think about someone you love and how much you love them. Do you feel that fullness in your heart when you think of them? Now try to grasp the enormity of the fact that God loves you with a love that is immeasurably deeper than the love you feel in your heart now. When you grasp even a tenth of how much God loves you, your mindset will change because you’ll realize the worth and value you have in Christ Jesus.

7 DAY MINDSET CHALLENGE: DAY 2

Remembering His Deeds

*I will remember the deeds of the LORD; yes, I will remember your miracles of long ago.
—Psalm 77:11*

When we're trying to reframe our thoughts in more positive ways, one of the best things we can do is to think about the deeds of the Lord. First of all, we think of the good and faithful things he has done in history, the things the Bible tells us about: making human beings, laying out a plan to redeem humanity, calling Israel to be his chosen nation, freeing the people from slavery in Egypt, sending his Son to become a man to live and die for us, raising Jesus from the dead—all of those great deeds in the Old and New Testaments can remind us of what a great God he has always been.

Second, we can remember the deeds he's done in our own lives. He called us out of sin into a relationship with him. He has provided for us in numerous ways.

In Joshua 4:1–7, Joshua tells the Israelites to make a monument of twelve stones to remind them of how God parted the Jordan River so they could cross on dry ground. We need remembrance stones like these in our own lives to help us bring to mind God's deeds of mercy and faithfulness. What deeds of the Lord do you remember?

Food for Thought

Remembering God's goodness and focusing on what he has done changes our thoughts and our attitude.

Challenge

Make a list of what you are thankful for and how God has provided for you in times of need. Be sure to thank Him for those blessings. See how focusing on God's goodness changes your mindset and lifts you into the joy and peace of His presence.

7 DAY MINDSET CHALLENGE: DAY 3

Talking Back

I've already run for dear life straight to the arms of GOD. —Psalm 11:1 MSG

Suppose you have a bad day and you think, *I can't do this program anymore. I'm not strong enough, confident enough, I've had too many failures, I just ate a double-double cheeseburger and then I went for the ice cream after that, because I'm feeling overwhelmed.*

The important thing to do in that moment is to run straight to God. Tell him exactly how you feel and what you think. Confess the thoughts that are plaguing you, and ask him to renew your mind. With God's help, reframe those thoughts with truth.

"I had a bad day today, but I got good information from it. I learned that I sometimes make unhealthy food choices when I feel overwhelmed. God, please help me to build a better support system in my life."

Do you see how this positive outlook is a deeper truth than what you believed before you went to God? Deliberately choose to rehearse this new perspective in your mind. And stay in God's presence where truth and peace reign.

Food for Thought

On bad days, run straight into the arms of God and let his truth change your perspective.

Challenge

What negative thoughts about setbacks are plaguing you today? Take some time to tell God about them. Ask Him to reframe your mindset from guilt and shame to an opportunity for growth and grace. When we explore the reasons behind our setbacks, the bad days can be turned into good data that help s make the changes we desire in our lives.

7 DAY MINDSET CHALLENGE: DAY 4

Cultivating Stillness

“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” —Psalm 46:10

Studies have shown that prayer improves attention and planning, reduces depression and anxiety, decreases sleepiness, and protects the brain from cognitive decline associated with normal aging. Making requests of God is one important form of prayer—he says to keep on asking and you shall receive (Luke 11:9).

Another essential type of prayer is to quiet yourself and focus your thoughts on the greatness and power of God. He is God. He is all-powerful, all-wise, all-loving. He is here with you right now, waiting for you to become aware of his presence. He knows all your needs and there’s nothing you need more than him.

Be still and meditate on these truths about him. Let your body relax into that awareness. Rest in his presence. Slow down your breathing. Exalt him. He is God.

If you have trouble just sitting in his presence, try repeating a verse of Scripture in your mind. Start with Psalm 46:10.

Food for Thought

In the stillness, you will find rest and God will rejuvenate your heart and soul.

Challenge

How do you find rest and replenishment? Find some time today to get alone with God and experience the peace only He can provide. If you have trouble quieting your thoughts, listen to some worship music or read a Psalm to refocus your mindset. Instead of dwelling on what is troubling you, focus on praising the Lord for who He is and find rest in the midst your day.

7 DAY MINDSET CHALLENGE: DAY 5

A New Way to Think

Be merciful to me, Lord, for I am in distress I am forgotten as though I were dead; I have become like broken pottery. —Psalm 31:9, 12

Ever feel like everything is against you? Or you are stuck in negative thought patterns? One pattern to watch out for is overgeneralization. This usually involves words like *always*, *never*, *every time*, or *everyone*. These thoughts make a situation out to be worse than it really is.

For instance, “I have always struggled with health issues; it will never change” or “Every time I get stressed, I have to fall into bad patterns.” Are those accurate? Do you know it will *never* change? Do you *have to* fall into bad patterns every time, without exception? Of course not. Overgeneralizations make you believe you have no control over your actions and that you are incapable of changing them.

If you tend to think in overgeneralizations, write them down and challenge them. Then turn your heart to what you know is true: the power of the Holy Spirit is within you.

Food for Thought

God is merciful; he will free you from those old thought patterns.

Challenge

What are some beliefs that have derailed your attempts to get healthy in the past? Are there overgeneralizations or negative thought patterns you are repeating in your mind? Write them down on paper and talk through them with God. Begin shifting your mindset to replace your old beliefs with the life-giving truth of God’s word. Here are some verses to get you started:

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. – Isaiah 41:10

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. - 2 Corinthians 12:9

“Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.” -Matthew 11:28-30

*The Lord your God is with you, the Mighty Warrior who saves.
He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.” - Zephaniah 3:17*

Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. – Hebrews 4:16

Take delight in the Lord, and he will give you the desires of your heart. – Psalm 37:4

7 DAY MINDSET CHALLENGE: DAY 6

The Gratitude Boost

Every time I think of you, I give thanks to my God. —Philippians 1:3 NLT

Paul's thankfulness for his friends in Philippi by is an excellent example for us to follow. Gratefulness changes our mind-set to see what's good about others. What might happen in your relationships if you thanked God for your family members when you woke up every morning, if you thanked God for your coworkers when you walked in the front door, if you thanked him for your friends and your neighbors as you drive home? Don't think first of what you want to get from them; think of what God is giving you through them already. Even people you aren't naturally drawn to offer unexpected gifts.

Studies show that the more grateful you are, the happier you are. Positive thoughts about people will actually release beneficial chemicals in your brain. And your relationships will go much better if you go into them with an attitude of gratitude.

Food for Thought

Your happiness level will skyrocket if you take time to remember the good things about the people around you.

Challenge

Who are you thankful for today? Choose to be aware of all the big (and little) things you can be grateful for in the people around you. Take a moment to reach out to someone and affirm what they mean to you. Notice how simply expressing your gratitude to others can profoundly improve your mindset.

7 DAY MINDSET CHALLENGE: DAY 7

More than Sparrows

Let your way of thinking be completely changed. Then you will be able to test what God wants for you. —Romans 12:2 NIrV

How do you talk to yourself? Do you say harsh things that you would never say to a friend? Some of us say cruel lies we've heard other people say to us, perhaps when we were children. The negative things people say often burrow deep and distort our thinking.

If you believe you're a "failure," you may think you're going to fail in your health goals. So success will be that much harder. So it's important to replace false thoughts with true ones from God's Word. Jesus says you are enormously valuable to God: "Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows." (Luke 12:6–7) See, I have engraved you on the palms of my hands" (Isaiah 49:16). When the discouraging thoughts come, replace them with the truth of God.

Food for Thought

God has numbered the hairs of your head and engraved you on the palms of his hands.

Challenge

Where do you find your worth and value? Do you know you are precious child of God and he has created you as his own masterpiece? To live out that truth, be aware of how you speak to yourself in your mind. Would you speak the same way out loud or to a friend? Stop harsh words in their tracks and decide to be kind to yourself. Change your mindset. You are immensely loved by God and you should speak to yourself like the treasure you are.