

BUILDING A STRONG BODY

Build Strong, Part 2
Daniel Plan Weekend
January 10-11, 2015

WHAT GOD SAYS ABOUT MY BODY

1. I am to _____ my body

"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 Corinthians 6:12-13a

2. I am to _____ my body

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

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

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

3. I am to _____ my body

"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 Corinthians 6:19

"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

THE FIVE HEALTHY HABITS

THE DANIEL PLAN

"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."

Daniel 1:15 (TEV)

"I pray you are as healthy in body as you are strong in spirit"
3 John 1:2

FAITH God's Power Not Willpower

"For I can do everything through Christ, who gives me strength."
Philippians 4:13 (NLT)

FOOD Enjoying God's Abundance

"For the earth and every good thing in it belongs to the Lord and is yours to enjoy."
1 Corinthians 10:26 (TLB)

FITNESS Honor God with Your Body

"Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body."
1 Corinthians 6:19-20 (NLT)

FOCUS Transformed By the Renewing Of Your Mind

"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. Then you will learn to know God's will for you, which is good and pleasing and perfect."
Romans 12:2 (NLT)

FRIENDS Power of Community - We Are Better Together

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