



 We will be having baptisms  
On March 23rd during the service.

Anyone interested can e-mail Tina Kraner at  
[tkraner@gracegathering.com](mailto:tkraner@gracegathering.com)

1.

Wayfarer Camp Deposit due today

**THE DANIEL PLAN**  
GOD'S PRESCRIPTION FOR YOUR HEALTH

2.

**THE DANIEL PLAN**  
GOD'S PRESCRIPTION FOR YOUR HEALTH

3.



How do you achieve the unattainable?

**THE DANIEL PLAN**  
GOD'S PRESCRIPTION FOR YOUR HEALTH

4.

**How do you achieve the unattainable?**

God supernaturally does it through prayer, or

5.

**How do you achieve the unattainable?**

God supernaturally does it through prayer, or

God works through the natural process of  
us setting goals, starting small, and  
building over time.

6.

Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose.

*Philippians 2:12-13*

7.

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. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. ...

*Romans 12:1-3*

8.

... For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.

*Romans 12:1-3*

9.

#### **Basic principles of physical health:**

- Eat healthy foods**
- Eat moderate portions**
- Get enough sleep**
- Exercise regularly**
- Ask for prayer when sick**
- Reduce stress**
- Have good healthcare**

10.

#### **What is true about food?**

- Good tasting and pleasurable**
- All food is spiritually clean**
- Some food is better for you**
- Eat in moderation**

11.

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

*1 Timothy 4:8*

12.

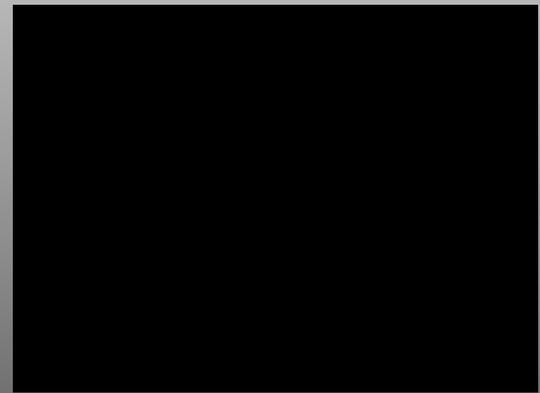
What is the best form of exercise?

13.

What is the best form of exercise?

The one you will do.

14.



15.



16.

SMART goals

Specific

17.

SMART goals

Specific

Measurable

18.

**SMART goals**

**Specific**  
**Measurable**  
**Attainable**

19.

**SMART goals**

**Specific**  
**Measurable**  
**Attainable**  
**Relevant**

20.

**SMART goals**

**Specific**  
**Measurable**  
**Attainable**  
**Relevant**  
**Time Bound**

21.

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.

*1 Corinthians 9:24-25*

22.

For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

*2 Timothy 1:6-7*

23.

**Grace Gathering Run/Walks 2014**

**First Saturday mornings of the month**

**April 5<sup>th</sup> through Thanksgiving**

**5k walk, 5k run, 10k run**

**8:00 AM River Green Way (Kreager Park)**

24.

**Indianapolis Marathon  
October 18<sup>th</sup>, 2014**

**Marathon**

**Half Marathon**

**5k walk/run**

**Relay Marathon (2-4 people)**

**Kids Fun Run**

**25.**

**The leading cause of death in the U.S. is heart disease. Research from Harvard Medical School determined that moderate exercise (e.g. brisk walking) on an average of two hours a week (17 minutes a day) reduces the risk of heart disease by what percent?**

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**40 percent**

**27.**

**28.**