



### Daniel Plan Premise

God has a calling on your life in this world

You are dependent on your body to fulfill that calling

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GOD'S PRESCRIPTION FOR YOUR HEALTH

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### Daniel Plan Premise

God has a calling on your life in this world

You are dependent on your body to fulfill that calling

The healthier your body, the greater you can fulfill that calling

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### Daniel Plan Premise

God has a calling on your life in this world

You are dependent on your body to fulfill that calling

The healthier your body, the greater you can fulfill that calling

Therefore, God wants us to steward our physical health well

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### Three goals for this series:

Better stewards of our bodies

Reach out to others

Unity of purpose

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### 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

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### What is true about our body?

- Created by God and good
- Suffers every day
- Will be resurrected
- Temple of the Holy Spirit
- Needs to be taken care of

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### 5 Capitals

- spiritual
- relational
- physical
- intellectual
- financial

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### What is true about food?

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

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### 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.

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### 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)

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

- Marathon
- Half Marathon
- 5k walk/run
- Relay Marathon (2-4 people)
- Kids Fun Run

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### Living for God within community.

- We need each other.
- Peer influence is powerful.
- Healthy living is contagious.

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**People get healed in natural and supernatural ways but all healing comes from God.**

**Examples of natural healing:**  
medication, surgery, doctors, rest, healthy choices

**Examples of supernatural healing:**  
through the power of prayer

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**Principles of supernatural healing:**

**You must desire and ask to be healed**

**Can be instantaneous or take time**

**Requires faith and belief in God's power**

**Those not healed are heroes in heaven's sight**

**Every believer can be trained to pray for healing**

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At that time the kingdom of heaven will be like ten virgins who took their lamps and went out to meet the bridegroom. Five of them were foolish and five were wise. The foolish ones took their lamps but did not take any oil with them. The wise ones, however, took oil in jars along with their lamps. The bridegroom was a long time in coming, and they all became drowsy and fell asleep. ...

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*Matthew 25:1-13*

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"At midnight the cry rang out: 'Here's the bridegroom! Come out to meet him!'  
"Then all the virgins woke up and trimmed their lamps. The foolish ones said to the wise, 'Give us some of your oil; our lamps are going out.'  
"No,' they replied, 'there may not be enough for both us and you. Instead, go to those who sell oil and buy some for yourselves.' ...

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*Matthew 25:1-13*

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"But while they were on their way to buy oil, the bridegroom arrived. The virgins who were ready went in with him to the wedding banquet. And the door was shut.  
"Later the others also came. 'Lord, Lord,' they said, 'open the door for us!'  
"But he replied, 'Truly I tell you, I don't know you.'  
"Therefore keep watch, because you do not know the day or the hour.

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*Matthew 25:1-13*

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**Pitfalls to avoid about your body:**

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**Pitfalls to avoid about your body:**

**don't neglect it**

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25.



**Pitfalls to avoid about your body:**

**don't neglect it**

**don't reject it**

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26.



**Pitfalls to avoid about your body:**

**don't neglect it**

**don't reject it**

**don't perfect it**

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27.



**Pitfalls to avoid about your body:**

**don't neglect it**

**don't reject it**

**don't perfect it**

**instead ... protect it!**

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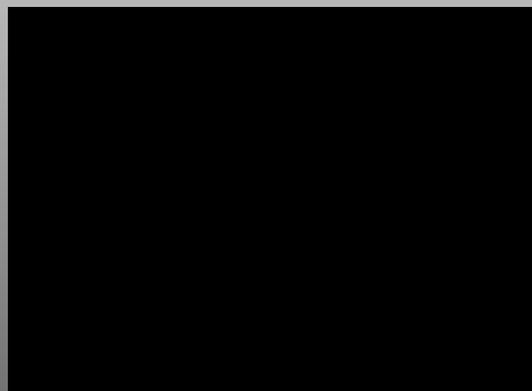
28.



**We sustain healthy living not for vanity reasons but because we are dependent on our physical bodies to fulfill the missionary calling God has given us on this earth, and we want to steward this well.**

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