

Principles for Lasting Changes

The Daniel Plan – Part 1 of 5

1. God expects me to manage 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 Cor. 6:12-13a (NIV)

2. My body is God’s property.

“The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.”
1 Cor. 6:13b (NIV)

3. My body will be resurrected after I die.

“By his power God raised the Lord from the dead, and he will raise us also.”
1 Cor. 6:14 (NIV)

MISTAKES WE MAKE

- We rely on willpower instead of God’s power.
- We have the wrong motivation.
- We try to change on our own.

4. My body is connected to the body of Christ.

“Do you not know that your bodies are members of Christ himself?...Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body.”
1 Cor. 6:15a & 18 (NIV)

5. The Holy Spirit lives in 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 Cor. 6:19(NIV)

6. Jesus bought my body on the cross.

“You are not your own; you were bought at a price. Therefore, honor God with your body.”
1 Cor. 6:20 (NIV)

“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 (NIV)

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

Psalm 119:73 (LB)

“These instructions are not mere words—they are your life! By obeying them you will enjoy a long life in the land...” Deut. 32:47 (NLT)

“Keep my commands in your heart, for they will prolong your life many years and bring you prosperity... Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. Do not be wise in your own eyes; Fear the Lord and shun evil. This will bring health to your body and nourishment to your bones. Honor the Lord with the first part of your wealth, the firstfruits of all your crops; then your barns will be filled to overflowing.”
Prov. 3:1-10 (NIV)

1. Trusting God is good for my health.

“I said to myself, ‘Relax, because the Lord takes care of you.’”

Psalm 116:7 (NCV)

“A heart at peace gives life to the body, but envy rots the bones.”

Prov. 14:30 (NIV)

2. Confessing my sin is good for my health.

“When I refused to confess my sin, I was weak and miserable, and I groaned all day long. ...My strength evaporated... Finally, I confessed all my sins to you and stopped trying to hide them... and you forgave me! All my guilt is gone.”
Psalm 32:3-5 (NLT)

3. Giving generously is good for my health.

“A generous man will prosper; he who refreshes others will himself be refreshed.”

Prov. 11:25 (NIV)

4. Having fun is good for my health.

“A cheerful heart is good medicine, but a crushed spirit dries up the bones.”

Prov.17:22 (NIV)

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