

**MY NEXT STEP TODAY IS:**

- ✓ I will memorize **1 Corinthians 6:19 (NIV84)**
- ✓ I will accept Christ for the first time
- ✓ I will join the New Life church family
- ✓ I will sign up for the next baptism

Please join us next week as we continue our new sermon series:

**Daniel Plan: 40 Days to a Healthier Life**  
**WHAT IT TAKES TO REALLY CHANGE**

Join us on our **Prayer Line** by calling (712)832-7030. Enter access code, 1919#. The prayer line is **open daily from 6am-7am CST.**

Please scan the QR codes below to access the connection card and giving link:



Connection Card



Giving Code

# The Daniel Plan:

## God's Prescription for Health

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 Part 1 of 6, [pastor@newlifeestl.com](mailto:pastor@newlifeestl.com)

**1. GOD EXPECTS ME 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 (NIV)**

**MISTAKES WE MAKE**

- I RELY ON \_\_\_\_\_ INSTEAD OF GOD POWER
- I HAVE THE \_\_\_\_\_ MOTIVATION
- I TRY TO CHANGE ON MY \_\_\_\_\_

**2. THE BIBLE TEACHES MY BODY IS GOD'S**

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

*"Do not cut your bodies for the dead or put tattoo marks on yourselves. I am the Lord." Leviticus 19:28 (NIV)*

**WHAT GOD SAYS ABOUT MY BODY**

**3. MY BODY IS \_\_\_\_\_ TO THE BODY OF CHRIST.**

*"Do you not know that your bodies are members of Christ himself? Shall I then take the members of Christ and unite them with a prostitute? Never!"* **1 Corinthians 6:15a (NIV84)**

*"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 Corinthians 6:18 (NIV84)**

**4. THE HOLY SPIRIT \_\_\_\_\_ IN MY BODY.**

**MEMORY VERSE:**

*Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own.*

**1 Corinthians 6:19 (NIV84)**

**5. JESUS BOUGHT MY \_\_\_\_\_ ON THE CROSS.**

*"You were bought at a price. Therefore honor God with your body."*  
**1 Corinthians 6:20 (NIV84)**

*"Therefore, 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 (NIV84)**

*"You made my body, Lord; now give me sense to heed your laws."*  
**Psalms 119:73 (LB)**

*"These instructions are not empty words—they are your life! By obeying them you will enjoy a long life in the land you will occupy when you cross the Jordan River."* **Deuteronomy 32:47 (NLT)**

*"My son, do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you peace and prosperity. Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart..."*

*...Then you will win favor and a good name in the sight of God and man. Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to 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 your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine."* **Proverbs 3:1–10 (NIV)**

**1. \_\_\_\_\_ GOD IS GOOD FOR YOUR HEALTH.**

*I said to myself, "Relax, because the Lord takes care of you."*  
**Psalms 116:7 (NCV)**

*"A heart at peace gives life to the body, but envy rots the bones."*  
**Proverbs 14:30 (NIV)**

**2. \_\_\_\_\_ MY SIN IS GOOD FOR MY HEALTH**

*"When I refused to confess my sin, my body wasted away, and I groaned all day long. Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, I will confess my rebellion to the Lord. And you forgave me! All my guilt is gone."* **Psalms 32:3–5 (NLT)**

**3. \_\_\_\_\_ GENEROUSLY IS GOOD FOR MY HEALTH**

*"A generous person will prosper; whoever refreshes others will be refreshed."* **Proverbs 11:25 (NIV)**

**4. HAVING \_\_\_\_\_ IS GOOD FOR MY HEALTH**

*"A cheerful heart is good medicine, but a crushed spirit dries up the bones."* **Proverbs 17:22 (NIV)**

**I WILL DO THE 10 DAY \_\_\_\_\_**