



HEALTHY CHALLENGE

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JANUARY 5th - 25th

This Healthy Challenge aims to **CONSECRATE** (set aside) a specific period to draw closer to God. It's simple, HEALTHY THINGS GROW! We want this to be the best year for you, and to help, we're deciding as a church to start the year off HEALTHY. We have the following provided for you;

- **Daily Prayer: Ephesians 1:17-23**
- **Daily Prayer Devotions**
- **Scriptures to Memorize**

MIND | BODY | SPIRIT

In all three areas of our Healthy Challenge, we're seeking to fast from unhealthy appetites that crave things that are of the world. During the Healthy Challenge, strive to practice the things that will increase your appetite for God. In the natural, we exercise and eat right to become physically healthy. In the spiritual, we exercise Godly habits to get more of Him. Adopt exercises and new practices to produce spiritual health to ultimately experience GROWTH!

WHAT APPETITES TO STAY AWAY FROM?

UNHEALTHY MEDIA & ENTERTAINMENT

Watch spiritual-based programs, news, and sports. Avoid shows, movies, and music that don't promote kingdom living.

UNHEALTHY BEHAVIOR

No Gossip, slang, slander, or any negative behavior. Have the mind of Christ and think on the things of God and His word. We have plenty of scriptures for you during the Healthy Challenge.

UNHEALTHY DIET & FOODS

No sugar, sweets, or fried foods. Use this time to purge away from foods that cut our lives short. Build up your temple so that it can be strong and disciplined to carry out your life's destiny.

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WHAT'S THE GOAL?

"To grow closer to God and remove all the things that would distract you from that growth."

If you have special health needs, consider adjusting the eating plan to meet those requirements while maintaining the other boundaries for the healthy challenge.

A HEALTHY MIND

Breaking the walls that stand in the way of our spiritual victories:

Anger, bitterness, lust, fear, un-forgiveness, selfishness, pride, materialism, & indifference

II Corinthians 10:3-4 - For though we walk in the flesh, we do not war after the flesh:

4 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)

For though we live in the world, we do not wage war as the world does.

The weapons that we fight with are not weapons of the world, on the contrary they have divine power to demolish strongholds.

Romans 12:2 - And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Isaiah 26:2 - Open ye the gates, that the righteous nation which keepeth the truth may enter in.

Philippians 2:2-5 - Fulfil ye my joy, that ye be likeminded, having the same love, being of one accord, of one mind.

3 Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.

4 Look not every man on his own things, but every man also on the things of others.

5 Let this mind be in you, which was also in Christ Jesus:

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Philippians 4:8 - Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

*Romans 8:1-2 - There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.
2 For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.*

Romans 8:6 - For to be carnally minded is death; but to be spiritually minded is life and peace.

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The OFFICIAL prayer for the Healthy Challenge!

Ephesians 1:17-23

King James Version (KJV)

That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him: The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints, And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power, Which he wrought in Christ, when he raised him from the dead, and set him at his own right hand in the heavenly places, Far above all principality, and power, and might, and dominion, and every name that is named, not only in this world, but also in that which is to come: And hath put all things under his feet, and gave him to be the head over all things to the church, Which is his body, the fullness of him that filleth all in all.

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21 Day Daniel Fast Food List

Consume:

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, and zucchini. Veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts, seeds, and legumes including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans. These can be canned or dried.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: Decaffeinated coffee and tea, pure unsweetened fruit juices, spring water, distilled water or other pure waters.

Soy foods: tofu (all kinds), soy products, TVP (textured vegetable protein),

Condiments and cooking ingredients. Adobo sauce, cilantro, herbs, mustard (unsweetened), salt, seasonings, soynnaise, spices, vinegar, vanilla, and vegetable broth. You can use small amounts of fruit juices as ingredients in dishes (apple juice, lemon juice, lime juice, orange juice, pineapple juice).

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Abstain From:

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to carbonated beverages, energy drinks, and alcohol.

Please make sure to READ THE LABEL when purchasing packaged, canned or bottled foods. They should be sugar-free and chemical-free.

If you have special health needs, consider adjusting the eating plan to meet those requirements while maintaining the other boundaries for the healthy challenge.

STOCKING YOUR PANTRY

An important key to success for the Daniel Fast is having easy access to the foods you need to stay within the guidelines.

Here are some items to keep on hand:

Fresh fruit: Apples, bananas, blueberries, grapefruit, lemons, limes, oranges.

Fresh vegetables: Bell peppers (green and red), cucumber, green lettuce, scallions (aka green onions), yellow onions, tomatoes

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Canned foods: Beans in various varieties (black, kidney, pinto, and chickpeas), jalapeno peppers, pineapple juice, tomato sauce, diced tomatoes.

Frozen foods: Corn, peas, mixed vegetables, stir fry vegetables, apple juice concentrate. Whole grains and legumes: Brown rice, oatmeal, muesli, green peas, lentils.

Dried fruit: Raisins, apricots, dates.

Miscellaneous: Peanut butter, rice cakes, walnuts, almonds, soy milk.

Eat foods that work for you! Some fruits, vegetables, healthy fats, and grains are very good at speeding up your metabolism. Some of the best vegetables are asparagus, beets, broccoli, cabbage, carrots, spinach, and tomatoes. Among the best fruits are apples, blueberries, citrus fruits, melons, and pears. Nuts and nut butters are good in moderation, and brown rice, barley, and oats are among the whole grains that rev up your metabolism.

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Scriptures for prayer sessions throughout the challenge

- Ps. 33:1** “Rejoice in the Lord, O ye righteous: for PRAISE IS COMELY FOR THE UPRIGHT.”
- Ps. 50:23** “Whoso offereth praise glorifieth Me: and to him that ordereth his conversation aright will shew the salvation of God.”
- Ps. 148:14** “He also exalteth the horn of His people, the praise of all His saints;...”
- Ps. 149:1** “Praise ye the Lord. Sing unto the Lord a new song, and Praise in the congregation of saints.”
- Isa. 25:1** “O Lord, Thou art My God; I will exalt Thee, I will praise Thy name; for Thou hast done wonderful things; Thy counsel of old are faithfulness and truths.”
- Isa. 38:18** “For the grave cannot praise Thee, death can not celebrate Thee: they that go down into the pit cannot hope for Thy truth.”
- Isa. 43:21** “This people have I formed for myself; they shall shew forth my praise.” (NOW) (Read Ps. 102:18KJV)
- Isa. 61:3b** “... to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness;...”
- Phil. 4:6** “Be careful for nothing; but in every thing by prayer and supplication with THANKSGIVING let your request be made known unto God.”
- I Thess. 5:18** “In everything give thanks: for this is the will of God in Christ Jesus concerning you.”
- Heb. 13:15** “By him therefore let us offer the sacrifice of praise to God continually, that is the fruit of our lips giving thanks to His name.”
- I Peter 2:9** “But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praise of Him who hath called you out of darkness into His marvelous lights:”

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21 DAY CONFESSION JOURNEY

This 21-day confession journey is intended as an invitation to pause, quiet, center, and anchor your heart, while aligning your life with the truth of God's Word. In a world whose culture is filled with many anti-Christlike beliefs and voices, Scripture reminds us that what we believe, speak, and meditate on shapes the direction of our lives. Our belief system dictates our behavior. We make choices based on what we believe. As you speak these daily confessions allow scripture to shape your thoughts and remember that scripture is not merely words to be read, but truths to be embraced, practiced, and spoken in faith. Allow the word to shape your thoughts, build your faith, and guide your steps.

Each confession is constructed to help begin your day grounded in God's promises. To set your heart and mind on what is eternal and unchanging. To offer sacred moments to pause, reflect, and rest in the faithfulness of God. Hopefully, these confessions will create a rhythm of trust.

As you journey through these 21 days, please remember there is no pressure to be perfect—only an invitation to be present. Move forward with expectancy, not pressure. If you miss a day, don't give up, do an about face and return to the Journey. Our Heavenly Fathers' grace is patient, kind, and tenacious. Never forget that His mercies are new every morning and His faithfulness remains sure. Let the Holy Spirit guide you, strengthen your faith, and gently mold your heart as you confess His Word aloud and is ultimately draw you deeper into a Christ-Centered relationship.

May this journey of faith filled confessions draw you closer to Christ, deepen your confidence in His promises, and remind you that you are loved, kept, and strengthened by the Lord who watches over you day and night.

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HOW TO USE THIS DEVOTIONAL?

- **Begin each day with the Confession**
- **Close with the Prayer, allowing the Word to settle in your heart**
- **Speak each confession aloud when possible**

Day 1 – I Will Watch My Confession

Scripture: Psalm 141:3

Set a watch, O Lord, before my mouth; keep the door of my lips. (KJV)

Confession: Lord, set a watch over my mouth today and guard the door of my lips. Thank You, Lord, for guiding my words and keeping my speech pleasing to You.

Prayer: Father, I surrender my words to You. Let my speech bring life, wisdom, and honor to Your name.

Day 2 – Hold On Without Wavering

Scripture: Hebrews 10:23

Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;) (KJV)

Confession: I hold fast to my confession of hope without wavering, for You are faithful. I rest in the faithfulness of God, knowing He keeps His promises.

Day 3 – God's Protection

Scripture: Isaiah 54:17

No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the Lord, and their righteousness is of me, saith the Lord. (Isa. 54:17 KJV)

Confession: No weapon formed against me shall prosper. I walk covered by the Lord. I thank You, Lord, for protecting me and defending me today.

Closing Prayer:

Father, I trust in Your protection and righteousness. I rest safely in Your care.

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Day 4 – The Mind of Christ

Scripture: Romans 12:2

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. (KJV)

Confession: My mind is renewed by God’s Word, and I walk in His perfect will. I thank You, Lord, for transforming my thoughts and guiding my decisions.

Closing Prayer:

God, renew my mind daily and align my thoughts with Your truth.

Day 5 – Speak Life Not Death

Scripture: Proverbs 18:21

Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof. (KJV)

Confession: I speak life, blessings, and truth today. Thank You, Lord, for helping me speak words that build and bless.

Closing Prayer:

Father, let my words reflect Your heart and produce good fruit.

Day 6 – Power Over Fear

Scripture: 2 Timothy 1:7

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. (KJV)

Confession: God has given me power, love, and a sound mind. I release every fear and rest in God’s peace.

Closing Prayer:

Lord, I thank You that fear has no place in my life. I receive Your peace.

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Day 7 – Good Steward of My Body

Scripture: 1 Corinthians 9:27

But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified. (NKJV)

Confession:

I take good care of my body by eating right, moving and weighing what God wants me to weigh I discipline my body and honor God with my health. Thank You, Lord, for strength and wisdom to care for my body.

Closing Prayer:

Father, help me steward my body well and glorify You in all I do.

Day 8 – I Am Healed – By His Stripes

Scripture: 1 Peter 2:24

Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed. (KJV)

Confession: By His stripes, I am healed and whole. I thank You, Lord, for the healing work of Christ in my life.

Closing Prayer:

Jesus, I receive Your healing and walk in righteousness.

Day 9 – I Will Live and Not Die

Scripture: Psalm 118:17

I shall not die, but live, and declare the works of the Lord. (KJV)

Confession: I will live and not die and declare the works of the Lord. Thank You, Lord, for life, strength, and purpose.

Closing Prayer:

Father, I praise You for the gift of life and the future You have for me.

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Day 10 – Righteous Through Christ Jesus

Scripture: 2 Corinthians 5:21

For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him. (2 Corinthians 5:21 KJV)

Confession:

I am the righteousness of God in Christ Jesus. I thank You, Lord, that I stand accepted and forgiven in Christ.

Closing Prayer:

God, help me walk confidently in the righteousness You have given me.

Day 11 – Breaking Strongholds

Scripture: 2 Corinthians 10:4

For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds; (KJV)

Confession:

God's mighty weapons tear down every stronghold in my life. I thank You, Lord, for victory and freedom through Your power.

Closing Prayer:

Father, continue Your work of freedom and renewal in my mind and heart.

Day 12 – Overcoming Faith

Scripture: 1 John 5:4

For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith. (1 John 5:4 KJV)

Confession: I am born of God, and my faith overcomes the world. I thank You, Lord, that faith will carry me through today.

Closing Prayer:

God, strengthen my faith and help me walk boldly in victory.

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Day 13 – My Help Comes From the Lord

Scripture: Psalm 121:1–2

I will lift up mine eyes unto the hills, from whence cometh my help. ² My help cometh from the Lord, which made heaven and earth. (Psalm 121:1-2 KJV)

Confession: My help comes from the Lord, Maker of heaven and earth. Thank You, Lord, for being my help and keeper today.

Closing Prayer:

Father, I trust You completely and depend on Your help.

Day 14 – Give Thanks

Scripture: Psalm 118:1

O give thanks unto the Lord; for he is good: because his mercy endureth forever. (KJV)

Confession: I give thanks to the Lord, for He is good. I thank You, Lord, for Your mercy that endures forever.

Closing Prayer:

God, fill my heart with gratitude and praise. Amen.

Day 15 – Walk By Faith

Scripture: 2 Corinthians 5:7

For we walk by faith, not by sight: (KJV)

Confession: I walk by faith and not by sight. Thank You, Lord, for guiding my steps by faith today.

Closing Prayer:

Father, help me trust You even when I cannot see the way.

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Day 16 – Prosper and Be in Good Health

Scripture: 3 John 2

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. (KJV)

Confession:

I prosper in all things and am in good health as my soul prospers. Thank You, Lord, for your caring grace in every area of my life.

Closing Prayer:

God, align my soul, body, and life with Your will.

Day 17 – Christ Is My Strength

Scripture: Philippians 4:13

I can do all things through Christ which strengtheneth me. (KJV)

Confession: I can do all things through Christ who strengthens me. I thank You, Lord, for being my strength today.

Closing Prayer:

Jesus, I rely on Your strength and not my own.

Day 18 – Be Kind

Scripture: Ephesians 4:32

And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you. (KJV)

Confession: I am kind, tenderhearted, and forgiving. Thank You, Lord, for helping me walk in love today.

Closing Prayer:

Father, shape my heart to reflect Your kindness and grace.

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Day 19 – Living Free in Christ

Scripture: Romans 8:1

There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. (KJV)

Confession: There is no condemnation for me in Christ Jesus. I thank You, Lord, for the freedom I have in Christ.

Closing Prayer:

God, help me walk daily in the freedom You have given me.

Day 20 – Seated With Christ

Scripture: Ephesians 2:6

And hath raised us up together, and made us sit together in heavenly places in Christ Jesus: (KJV)

Confession

I am raised and seated with Christ in heavenly places. Thank You, Lord, for my identity and position in Christ.

Closing Prayer:

Father, help me live from victory, not toward it.

Day 21 – Faith Beyond the Natural & Rejoice in the Lord

Scriptures: Hebrews 11:1

Now faith is the substance of things hoped for, the evidence of things not seen. (Hebrews 11:1 KJV)

Confession: Faith is the substance of what I hope for, therefore, I trust the Lord for what I cannot yet see.

Closing Prayer:

Lord, I choose faith and trust. Thank You for being my constant hope.

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