



HEALTHY CHALLENGE

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JANUARY 6th - 26th

This Healthy Challenge aims to **CONSECRATE** (set aside) a specific period to draw closer to God. It's simple, **HEALTHY THINGS GROW!** We want 2025 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.

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.

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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**.*

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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

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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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:

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 Days Of Prayer

Day 1 **Spiritual Truth**

"That is what the Scriptures mean when they say, 'No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him.'" - 1 Cor. 2:9

Before I read my Bible each day, I will pray Psalm 119:18, "Open my eyes that I may see wonderful things in your law." May Your Holy Spirit reveal the deep things of Christ to me. Show me the things which You have prepared for those who love You.

Day 2 **Giving Thanks**

"Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus." - 1 Thess. 5:18

Help me to learn how to be truly thankful. First, thank You for what You have given me. Second, thank You for using me to bless others. Third, thank You for what You have done for me by saving me. And last, thank You for what You mean to me.

Day 3 **Patience**

"My times are in your hands; deliver me from the hands of my enemies, from those who pursue me." - Psalm 31:15

I do not always understand Your timetable. Help me to wait on Your perfect timing and not move ahead of You. As I wait, remind me that You are waiting to show me mercy and are rising up to show me compassion, at just the right moment. (Isaiah 30:18)

Day 4 **A Fresh Outlook**

"Call to me and I will answer you and tell you great and unsearchable things you do not know." - Jer. 33:3

I am tired of looking at my situation from my own point of view. Show me a fresh and innovative way to change my circumstances. Show me ways and

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methods that I have never thought of before. Things that I do not even know about at this moment.

Day 5 **Pursuing Passions**

"For it is God who works in you to will and to act in order to fulfill his good purpose." - Phil. 2:13

You are causing me to desire to do certain things and have given me the ability to do these things. Help me to work out, what You have already worked within me. Pursuing these passions will fulfill Your good purpose for my life.

Day 6 **Ask "What Now, Lord?"**

"If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking." - James 1:5

How impossible it is for me to understand why You allowed this to happen to me. You never promised to give me a "why". But You did promise to give me wisdom to know "what" to do about it. Faith asks the question, "What now, Lord?" But doubt demands an answer to, "Why me?"

Day 7 **My Last Chapter?**

"Only Luke is with me. Bring Mark with you, for he is useful to me in the ministry." - 2 Tim. 4:11

Mark failed the Apostle Paul in ministry, at first. Then Paul gave up on Mark, but You did not. You wrote the last chapter of Mark's life for him. You caused Mark to be a blessing to Paul, in the end. Man cannot write my last chapter. Will You make my last chapter, my best chapter?

Day 8 **No Doubt Lives Here**

"that the genuineness of your faith, being much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ," - 1 Peter 1:7

Thank You for my trials. You are proving to me that my faith is real. And that I am truly Your child. You are showing me that there is nothing that we cannot go through together. Will You continue to refine my faith?

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Day 9 **Spiritual Leaders**

"And we urge you, brethren, to recognize those who labor among you, and are over you in the Lord and admonish you" - 1 Thess. 5:12

I pray Ephesians 1:18-19 my pastors and leaders. May their eyes of understanding be enlightened. To know the hope to which we are called. To know the riches of Your glorious inheritance in the saints. Let them know Your incomparable great power which is in us who believe. Let the mind of Christ be strong within them (1 Cor. 2:16).

Day 10 **America And Israel**

"Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the LORD for it, because if it prospers, you too will prosper." - Jer. 29:7

Thank You for America and help those in authority. Grant them wisdom as they make the decisions that will affect us all. Send revival across our land and turn our hearts towards Jesus Christ. I also pray for the peace of Jerusalem. May they prosper who love her (Psalm 122:6).

Day 11 **Godly Utensils**

"If you keep yourself pure, you will be a special utensil for honorable use. Your life will be clean, and you will be ready for the Master to use you for every good work." - 2 Tim. 2:21

Sin is very expensive. It costs me opportunities to serve You. I will never lose my salvation, but I will lose a chance for future rewards. Examine my life and reveal to me what is stopping me from receiving my full reward in Jesus Christ (Phil. 4:17).

Day 12 **Purpose**

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago." - Eph. 2:10

You loved me before the world was even created. I was not saved by works, but by faith in Jesus Christ alone. But You did save me to work. Help me to fulfill my purpose in life by doing those good things that You planned for me to do, long ago.

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Day 13 **Balance**

"Think about the things of heaven, not the things of earth." - Col. 3:2
I am a citizen of Heaven who currently lives in the United States. This means that I am just a visitor down here. Remind me of this today, when I start trying to put down "permanent" roots. Acting like this world is my final home. Help me to live with Heaven in view.

Day 14 **Spiritual Maturity**

"I have not gained wisdom, and I have no knowledge of the Holy One." - Proverbs 30:3

You said in Hosea 4:6 that Your people are being destroyed because they don't know You. Give me a thirst for the sincere milk of Your Word this year (1 Peter 2:2). Help me grow into the full experience of my salvation.

Day 15 **Stinking Thinking**

"The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds." - 2 Cor. 10:4

Strongholds of negative thinking about You, my purpose and my destiny have to go this year. Help me to see where my thinking "stinks". Help me to tear down this toxic way of thinking. Help me replace it with what Your Word says. Give me the mind of Jesus Christ (1 Cor. 2:16).

Day 16 **Moving On**

"I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us." - Phil. 3:14

I cannot see forwards, while looking backwards. This is why I have difficulty seeing the opportunities right before my eyes. Regrets about my past cannot change my past. But You can make my past work for my good (Romans 8:28). This year, help me to move on to what You have for me in Christ Jesus.

Day 17 **Being A Witness**

"When they saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus." - Acts 4:13

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I might be the closest thing to Jesus Christ that a hurting person comes in contact with today. Jesus, I need to spend some time with You, so that You will have an impact upon my life. Then help others to notice that I have been with You. This is the witness that shows others that You are real.

Day 18 **Soul Winning**

"I tell you, use worldly wealth to gain friends for yourselves, so that when it is gone, you will be welcomed into eternal dwellings." - Luke 16:9

Who will be in Heaven because of my financial giving? Who will greet me in Heaven and say, "I am here because you gave to missions." Help me to be faithful in the use of earthly wealth to win souls for Jesus Christ. I want to be found faithful with earthly wealth, so that You will entrust me with the true riches of Heaven (Luke 16:11).

Day 19 **Making Plans**

"Roll your works upon the Lord [commit and trust them wholly to Him; He will cause your thoughts to become agreeable to His will, and] so shall your plans be established and succeed." - Prov. 16:3

My plans fail because I leave you out of the initial planning. You care about my plans. So I will begin by casting my care upon you (1 Peter 5:7). Next, I will ask You to cause my thoughts to become agreeable with Your will. Then I will make my plans, using your peace as my confirmation (Col. 3:15). Finally, I will enjoy a good success.

Day 20 **"Hallelujah! Anyhow!"**

"And blessed is he who is not offended because of Me." - Matt. 11:6

You use trials to stretch my faith and make it grow. But sometimes I am tempted to think that You do not know what You are doing. This is when I try to second guess You, as my Lord.

So give me the grace to just say, "Hallelujah! Anyhow!" There is peace in accepting what You allow. And a growing faith accepts Your timing and provision in Christ Jesus (Heb. 13:5).

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Day 21

Quiet Time

"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." - Mark 1:35

Each day, I rush in and rush out of Your presence, with no meaningful contact. I need to give You time to heal and refresh my broken spirit. I need to give You time to speak to me through Your Word, in Your still small voice. Jesus set aside enough quiet time each morning, to be with You. Help me to stop being too busy for You. Can we start with 5 minutes of quiet time each morning, and then go on from there?

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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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