

THE DANIEL PLAN

GOD'S PRESCRIPTION FOR YOUR HEALTH

Congratulations on taking the first step toward a healthier life! We will be taking a six-week journey together to learn about The Daniel Plan and how God wants us to be fit and able to serve others. Here is what you should do between now and September 9. Please invite others to join!

1. Order your copy of *The Daniel Plan: 40 Days to a Healthier Life* by Rick Warren (ISBN 9780310344292) and *The Daniel Plan Study Guide* (ISBN 9780310824442)). You can order them from DanielPlan.com or from wherever you buy books. If you use Amazon, please remember to order from smile.amazon.com to support UMC Monroe.
2. Read Chapter One (“How it All Began”) and Chapter Two (“The Essentials”) of *The Daniel Plan*. Our first session will be focused on Faith, so if you are feeling ambitious, read Chapter Three, as well. You can read this after session one, as well, so don’t feel stressed to read Chapter Three early.
3. Plan to attend our six weekly study sessions starting Saturday, September 9 at 9:00 am at the church.
4. We will go for a group walk on the Gray Trail and town trail after each session. If you will participate, wear comfortable walking shoes. Don’t forget your water bottle and insect repellent.