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# DANIEL PLAN

RICK WARREN



# **Daniel Plan Study Guide With Dvd Pb Rick Warren**

**Rick Warren** 

#### Daniel Plan Study Guide With Dvd Pb Rick Warren:

The Daniel Plan Study Guide with DVD Rick Warren, 2013-12-23 Feast on Something Bigger than a Fad This six session video based small group study from Rick Warren Dr Daniel Amen and Dr Mark Hyman is centered on five essentials that will launch your journey to health faith food fitness focus and friends With support from medical and fitness experts Pastor Rick Warren and thousands of people from his congregation started on a journey to transform their own lives It s called The Daniel Plan and it works for on simple reason God designed your body to be healthy and He provided everything you need to thrive and live an abundant life This small group study is a vital component of The Daniel Plan because it emphasizes the powerful community component of the program As Dr Mark Hyman says community is the cure for healthy living The Daniel Plan small group study teaches simple ways to incorporate healthy choices into your daily lifestyle This study guide includes biblical inspiration from Pastor Rick instruction from our doctors and wellness experts practical food and fitness tips and much more Sessions include Faith Nurturing Your Soul Food Enjoying God's Abundance Fitness Strengthening Your Body Focus Renewing Your Mind Friends Encouraging Each Other Living the Lifestyle This pack contains one guide and one DVD The Daniel Plan Bible Study Guide Rick Warren, 2013-12-03 Feast on Something Bigger than a Fad This six session video based small group study DVD digital video sold separately from Rick Warren Dr Daniel Amen and Dr Mark Hyman is centered on five essentials that will launch your journey to health faith food fitness focus and friends With support from medical and fitness experts Pastor Rick Warren and thousands of people from his congregation started on a journey to transform their own lives It's called The Daniel Plan and it works for on simple reason God designed your body to be healthy and He provided everything you need to thrive and live an abundant life This small group study is a vital component of The Daniel Plan because it emphasizes the powerful community component of the program As Dr Mark Hyman says community is the cure for healthy living The Daniel Plan small group study teaches simple ways to incorporate healthy choices into your daily lifestyle This study guide includes biblical inspiration from Pastor Rick instruction from our doctors and wellness experts practical food and fitness tips and much more Sessions include Faith Nurturing Your Soul Food Enjoying God's Abundance Fitness Strengthening Your Body Focus Renewing Your Mind Friends Encouraging Each Other Living the Lifestyle Designed for use with The Daniel Plan Video Study 9780310824459 sold The Daniel Plan Study Guide plus Streaming Video Rick Warren, Dr. Daniel Amen, Dr. Mark separately Hyman, 2022-10-11 Feast on Something Bigger Than a Fad This six session video based small group study from Rick Warren Dr Daniel Amen and Dr Mark Hyman is centered on five essentials that will launch your journey to health faith food fitness focus and friends With support from medical and fitness experts Pastor Rick Warren and thousands of people from his congregation started on a journey to transform their own lives It's called The Daniel Plan and it works for one simple reason God designed your body to be healthy and He provided everything you need to thrive and live an abundant life This small

group study is a vital component of The Daniel Plan because it emphasizes the powerful community component of the program As Dr Mark Hyman says community is the cure for healthy living The Daniel Plan small group study teaches simple ways to incorporate healthy choices into your daily lifestyle This study guide includes biblical inspiration from Pastor Rick instruction from our doctors and wellness experts practical food and fitness tips and much more This study guide has everything you need for a full Bible study experience including The study guide itself with video notes a comprehensive structure for group discussion time daily exercises to help you engage in each practice during the week and a guide to best practices for leading a group An individual access code to stream all six video sessions online Sessions include Faith Nurturing Your Soul 28 00 Food Enjoying God's Abundance 25 00 Fitness Strengthening Your Body 26 00 Focus Renewing Your Mind 27 30 Friends Encouraging Each Other 23 00 Living the Lifestyle 20 30 Streaming video access code included Access code subject to expiration after 12 31 2027 Code may be redeemed only by the recipient of this package Code may not be transferred or sold separately from this package Internet connection required Void where prohibited taxed or restricted by law Additional offer details inside Focus Study Guide with DVD Rick Warren, Daniel Amen, Mark Hyman, Dee Eastman.2015-08-18 In this four session video based Bible study The Daniel Plan team explores both the spiritual and the health benefits of following a healthy lifestyle by focusing on the fourth essential of The Daniel Plan FOCUS Sessions include Brain Health 33 00 Mindset Matters 30 00 Breaking through Barriers 27 00 Don t Mess with Stress 33 00 Each session will highlight testimony from those who have incorporated The Daniel Plan into their everyday lifestyle plus tips on getting started and medically based information on maintaining a healthy lifestyle by following The Daniel Plan Each of the other DVD Study guides will focus on another essential Faith Food Fitness and Friends This pack contains one study guide and one DVD The Daniel Plan Essentials Church-Wide Campaign Kit Rick Warren, Daniel Amen, Dee Eastman, Mark Hyman, Sean Foy, 2015-08-18 In this five DVD five book study pastor and bestselling author Rick Warren with doctors Daniel Amen and Mark Hyman explore the spiritual and health benefits of following a lifestyle based on Daniel's fast found in Scripture Each session highlights testimony from those who have incorporated The Daniel Plan into their everyday lifestyles Faith Study Guide with DVD Rick Warren, Dee Eastman, Gary L. Thomas, 2015-08-18 In this four session video based Bible study The Daniel Plan team explores both the spiritual and the health benefits of following a healthy lifestyle by focusing on the first essential of The Daniel Plan Faith Sessions include Every Body Matters 28 00 Magnificent Obsession 22 00 God s Power Not Willpower 29 00 Your Soul's Path to God 24 00 Each session will highlight testimony from those who have incorporated The Daniel Plan into their everyday lifestyle plus tips on getting started and medically based information on maintaining a healthy lifestyle by following The Daniel Plan Each of the other DVD Study guides will focus on another essential Food Fitness Focus Friends This pack contains one study guide and one DVD Focus Study Guide Dr. Daniel Amen, Dee Eastman, 2015-08-04 In this four session video based Bible study The Daniel Plan team explores both the spiritual and the health benefits of

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