

FOOD STUDY GUIDE THE: ENJOYING GOD'S ABUNDANCE

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 second essential of The Daniel Plan: Food. The sessions include: Enjoying God's Abundance, Cravings, Comfort Food, and Choices. Create a Daniel Plan Kitchen. No Such Thing as Failure. 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...



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