



# THE 5 HABITS OF HEALTHY PEOPLE

## THE FIVE HABITS OF HEALTHY PEOPLE

DANIEL 1:1-17

- This week our Church family begins our annual *Beginning-of-the-Year Fasting and Prayer* effort (for info go to [www.celebrationchurch.org/prayerfasting](http://www.celebrationchurch.org/prayerfasting)), which helps us to draw near to the Lord so we can better experience His presence, peace and power and so we can receive divine direction from Him.
- God wants us to be holy (Romans 12:1-2) and happy (John 15:11) in 2021, but He also wants us to be healthy.
- The Apostle John - *"I pray that all is well with you and that your body is as healthy as I know your soul is!"* (3 John 1:2)
- Solomon - *"Don't depend on your own wisdom. Instead respect the Lord and refuse to do what's wrong. Then your body will be healthy, and your bones will be strong!"* (Proverbs 3:7-8)
- *"At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king."* (Daniel 1:15)
- Daniel was one of the greatest men who ever lived, and he focused on his life on being physically, emotionally, relationally and spiritually healthy,
- *What steps can we take in 2021 to be as "healthy" as Daniel?*

**To Become And Stay Healthy In 2021 We're Going To Need To:**

### **EAT HEALTHY FOOD!** (The **FOOD** factor)

- *"Daniel was determined not to defile himself by eating the food and wine given to them by the king."* (Daniel 1:8)
- **For most people if we eat "junk food" we're going to feel, look and act junky.**
- *"You say, 'Food was made for the stomach, and the stomach for food.' . . . But you can't say that our bodies were made for sexual immorality. They were made for the Lord, and the Lord cares about our bodies."* (1 Corinthians 6:13)
- **God wants us to eat the food that He created and stay away from the food that man created.**
- **If we would get rid of flour and sugar for 10-14 days we would be amazed at how much better we would feel physically.**
- **Things like high fructose corn syrup, trans fats and MSG are not good for us, and gluten and dairy are very inflammatory for many people.**
- **Learning to eat whole, real and fresh foods would help us greatly, as would eating protein and fat at every meal.**
- *The Daniel Plan* book and other books teach us about nutrition and how to eat flavorful, healthy food.

- Committing with a group of people (i.e. Family, Life Group) to eat healthy for a period of time helps people to better pursue health in different ways in their lives.

**To Become And Stay Healthy In 2021 We're Going To Need To:**

**MAINTAIN HEALTHY THOUGHTS (The FOCUS factor)**

- *"Select only strong, healthy, and good-looking young men," he (King Nebuchadnezzar) said. 'Make sure they are well versed in every branch of learning, are gifted with knowledge and good judgment, and are suited to serve in the royal palace.'" (Daniel 1:4)*
- **The battle for health starts in our brain, not in our belly.**
- Jesus - *"Your eye is like a lamp that provides light for your body. When your eye is healthy, your whole body is filled with light. But when it is unhealthy, your body is filled with darkness."* (Luke 11:34)
- *"There are 140 studies that say as our weight goes up the actual physical size and function of our brain goes down."* - Dr. Daniel Amen
- **People who have healthier brains are usually physically healthier because they make better decisions.**
- **Brain health only requires 3 simple words: care about your health, stop doing that which is unhealthy, and engage in some healthy habits.**
- *"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think."* (Romans 12:2)
- **Focusing our mind on the right things helps us to make the right decisions which leads us to live healthier lives.**
- *"Guard your heart (mind) above all else, for it determines the course of your life."* (Proverbs 4:23)
- **Participating in the Journey Through The Bible Adventure (beginning 1/1/21) will help us to keep our mind focused on the right things in our lives ([www.celebrationchurch.org/devotions](http://www.celebrationchurch.org/devotions)).**

**To Become And Stay Healthy In 2021 We're Going To Need To:**

**MANAGE OUR ENERGY (The FITNESS factor)**

- *"Test us for ten days on a diet of vegetables and water," Daniel said. 'At the end of the ten days, see how we look compared to the other young men who are eating the king's food.'" (Daniel 1:12-13)*
- **Energy management is more important to our life and success than time management.**
- **There are only three ways to create energy - rest, eating healthy and exercise.**
- *"It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to His loved ones."* (Psalm 127:2)
- **Rest is so important for our lives that God put in His Ten Commandments (Exodus 20:8-11).**
- *"Train yourself to be godly. Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come."* (1 Timothy 4:7-8)

**To Become And Stay Healthy In 2021 We're Going To Need To:**

**ENLIST SUPPORTIVE FRIENDS (The FRIEND factor)**

- *"At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king."* (Daniel 1:15)
- **We need to have supportive people around us if we're going to get healthy and stay healthy.**

- *“Two are better off than one, because together they can work more effectively. If one falls down, the other can help him up. But if someone is alone and falls, there’s no one to help him.”* (Ecclesiastes 4:9-10)
- *“Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more...”* (Hebrews 10:25)
- **The encouraging, supportive friends we need are found in *Life Groups at Celebration* (to find a *Life Group* talk with the people around you, or go to [www.celebrationchurch.org/ministries](http://www.celebrationchurch.org/ministries)).**

**To Become And Stay Healthy In 2021 We’re Going To Need To:**

**PLUG INTO GOD’S POWER (The FAITH factor)**

- *“God gave these four young men an unusual aptitude for understanding every aspect of literature and wisdom. And God gave Daniel the special ability to interpret the meanings of visions and dreams.”* (Daniel 1:17)
- **We know that God cares about physical health because Jesus was so involved in healing people, but primarily God cares about our faith - our spiritual health.**
- *“Jesus said to the man, ‘Stand up and go. Your faith has healed you.’”* (Luke 17:19)
- *Jesus - “Daughter, your faith has made you well. Go in peace.”* (Mark 5:34)
- **Depending on the Lord brings us Greater Motivation**
  - *“Whatever you eat or drink or whatever you do, you must do it all for the glory of God.”* (1 Corinthians 10:31)
- **Depending on the Lord brings us Greater Reward**
  - *“Athletes train and practice self-control in order to win a reward that will soon fade and be forgotten. But we do it for one that will LAST FOREVER!”* (1 Corinthians 9:25)
- **Depending on the Lord brings us Greater Power**
  - *“God is now working IN you, giving you the desire and the power to do what pleases him.”* (Philippians 2:13)
- **We have to learn how to *quit trying* and *start trusting* if we’re going to be spiritually healthy in 2021.**
- *“Daniel soon proved himself more capable than all the other administrators and high officers. Because of Daniel’s great ability, the king made plans to place him over the entire empire. Then the other administrators and high officers began searching for some fault in the way Daniel was handling government affairs, but they couldn’t find anything to criticize or condemn. He was faithful, always responsible, and completely trustworthy.”* (Daniel 6:3-4)
- **God didn’t bring us to Celebration so that we could just watch others experience the transforming presence and power of the Lord in our lives - He brought us here so that we could be “transformed” and become “transformers” in our culture.**
- ***What is the Lord communicating to me through this message?***
- **TRANSFORMED begins on January 16-17.**