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Faith Study Guide with DVD: Nurturing Your Soul (The Daniel Plan Essentials Series)

Gary L. Thomas, Dee Eastman

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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:

1. Every Body Matters (28:00)
2. Magnificent Obsession (22:00)
3. God's Power, Not Willpower (29:00)
4. 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.

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