



THE + DANIEL PLAN

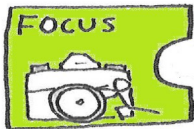
**REFRIGERATOR PAGE—THE DANIEL PLAN WEEKLY TIPS
WEEK 1
#fulfilledandfreeRUMC1777**



Memory Verse for the week

Christ has set us free for freedom. Therefore, stand firm and don't submit to the bondage of slavery again. (Galatians 5:1 CEB)

Again and again, the gospels and epistles proclaim that Jesus came to free us – Jesus spoke of being free from sickness, bondage. He said that we would know the truth that would set us free. Romans proclaims the free gift of grace. This week, challenge yourself (and your family) to find scriptures that proclaim freedom. Which ones speak to you?



Focus: PRAY

Studies have shown that prayer reduces stress, improves attention and planning, reduces depression and anxiety, decreases sleepiness, and protects the brain from cognitive decline associated with normal aging. Prayer can be done anywhere and at any time. In prayer, focus on God. Think about all of His goodness. By doing so, you will grow in your relationship with God, you will improve your spiritual health, and you will improve your physical and mental health.

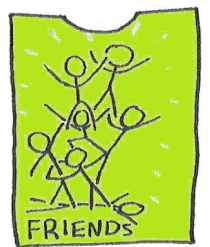
Discover the power of meditation—With Calm for iPhone and Android, you'll discover how simple meditation really is, and how taking a few moments out of your day can make you happier and healthier. It can be found on GooglePlay or the App Store. There are 2, 5, 10, 15 and 20 minute guided sessions. You can pick background sounds and scene you prefer. Use this to meditate on the memory verse each week!



Calm: Meditation & simple guided mindfulness to sleep, relax, breathe
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Friends Tip

Ask a friend to join you on this journey to a healthier and happier life. Sign up for one of the Small Groups offered during this Lenten season and attend together. Maybe you have a friend that does not currently have a Faith family but is looking for a way to become healthier. Having a friend to share this journey and provide support in the coming weeks will help you both stay on the right path to success.



Fitness Tip

*Take a picture of your current physical self. Allow yourself plenty of grace and don't be critical. Just ask yourself the following questions as you look at the picture: How is your energy level? How do you feel most days? How is your weight?

What do you notice about your face, shoulders, arms, abs and legs? How does your present fitness level impact your Faith, Food choices, Focus, Family, work, ministry – life in general? Ultimately if you could accomplish anything related to your fitness, without fear of failure, what would it be? DREAM BIG!

Don't forget Zumba on Wednesdays 6:30-7:30 pm – waiver required OR Walking with Kelly on Saturday Mornings 7:30-9:00 am weather permitting.

Report your exercise minutes/hours and your weight loss as you are led on the glass top table reporting stations so Tracy can calculate the congregation's progress with the Food Pantry Donations!



Warm You Up Chicken Stew

Ingredients:

2 tablespoons of extra virgin olive oil
3 skinless bone-in chicken breasts
1 medium yellow onion, chopped
2 stalks celery, cut into one inch pieces
1 quart low-sodium vegetable stock or Chicken stock
2 medium carrots, peeled and cut into ½ inch pieces
2 medium turnips, peeled and cut into ½- inch pieces
3 Medium Yukon gold potatoes, peeled and quartered
½ teaspoon fresh thyme
½ teaspoon chopped fresh basil
½ teaspoon fresh tarragon
Kosher or sea salt and black pepper

How to prepare:

Heat olive oil in a large pot over medium high heat.
Sprinkle chicken with salt and pepper on both sides. Place chicken pieces, meat side down, in oil and cook for 2-3 minutes on each side.
Add the onions, celery, and stock. Bring to a simmer, lower heat, cover, and simmer gently for about 45 minutes, until chicken is done.
Add the rest of the vegetables and herbs. Bring to a boil. Reduce heat to a gentle simmer for about 10 minutes or until the vegetables are almost fork tender.
Remove chicken pieces, cool slightly, and pull meat from the bones. Break meat into large pieces. Return meat to pot, and cook uncovered until vegetables are very tender, about 15 minutes. Season with salt and pepper.

