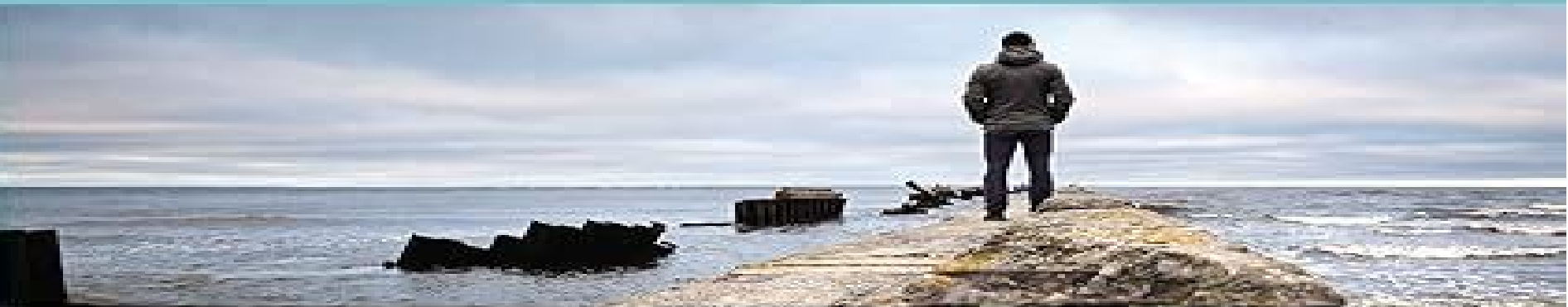


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*featuring*

DR. DANIEL AMEN  
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# Focus Study Guide Renewing Your Mind The Daniel Plan Essentials Series

**Rick Warren, Dr. Daniel Amen, Dr. Mark  
Hyman**



## **Focus Study Guide Renewing Your Mind The Daniel Plan Essentials Series:**

*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 following a healthy lifestyle by focusing on the fourth essential of The Daniel Plan FOCUS Sessions include Brain Health Mindset Matters Breaking through Barriers Don't Mess with Stress 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 Designed for use with the Focus DVD 9780310823308 sold separately *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 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 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 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 separately [The Daniel Plan Study Guide plus Streaming Video](#) Rick Warren, Dr. Daniel Amen, Dr. Mark 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 Warren 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

**The Daniel Plan 365-Day Devotional** The Daniel Plan Team, 2015-10-27 Encouragement and inspiration to TRANSFORM YOUR HEALTH FOR GOOD If you're looking for the right combination of inspiration and encouragement to achieve the healthy lifestyle you've longed for you found it A companion to the 1 New York Times bestseller The Daniel Plan this 365 day devotional provides the heartfelt insight you need to take your health to the next level Feast on something bigger than a fad Motivational tips Scripture passages Food for Thought and a special note from Rick Warren lead the way to transformation for the long haul The Daniel Plan Daily Devotional builds on the top essential Faith that has made The Daniel Plan doable and successful for thousands of people worldwide A dream team of spiritual fitness and health professionals including Rick Warren Dr Daniel Amen Dr Mark Hyman and the Daniel Plan Wellness Faculty will help you continue your journey toward whole health and wellness Ultimately The Daniel Plan Daily Devotional will change your life in the areas of faith food fitness focus and friends the five essentials to transform your body mind and spirit from the inside out

**The Daniel Plan** Rick Warren, Dr. Daniel Amen, Dr. Mark Hyman, 2013-12-03 NEW YORK TIMES BESTSELLER The Daniel Plan is far more than a diet plan It is an appetizing approach to achieving a healthy lifestyle by optimizing the five key essentials of faith food fitness focus and friends Unlike the thousands of other books on the market this book is not about a new diet guilt driven gym sessions or shame driven fasts Your path to holistic health begins here as Pastor Rick Warren and fitness and medical experts Dr Daniel Amen and Dr Mark Hyman guide you to incorporate healthy choices into your current lifestyle The concepts in this book will encourage you to deepen your relationship with God and develop a community of supportive friends who will encourage you to make smart food and fitness choices each and every day This results in gradual changes that transform your life as they help you Conquer

your worst cravings Find healthy replacement foods for the foods you love Discover exercise you enjoy Boost your energy and kick start your metabolism Lose weight Think more clearly Explore biblical principles for health and ultimately create an all around healthy lifestyle It s time to feast on something bigger than a fad Start your journey to impactful long lasting and sustainable results today Plus get more from The Daniel Plan with The Daniel Plan Cookbook The Daniel Plan Journal and The Daniel Plan 365 Day Devotional

**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

Faith Study Guide Gary Thomas,Dee Eastman,2015-08-04 In this four session video based Bible study DVD digital video sold separately 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 Magnificent Obsession God s Power Not Willpower Your Soul s Path to God 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 Designed for use with the Faith Video Study sold separately

**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

Every Thought Captive Bible Study Guide plus Streaming Video Kyle Idleman,2025-04-29 Allow God to Shape Your Thinking Are your thoughts

leading you toward transformation or conformity Are they building you up or tearing you down Are they drawing you closer to God or pulling you away In Every Thought Captive you will explore a topic crucial for your spiritual growth the battle for your mind In Romans 12:2 we read these words Do not be conformed to the pattern of this world but be transformed by the renewing of your mind Just like molten glass our lives are constantly being shaped and molded by the thoughts we think Join pastor and bestselling author Kyle Idleman for a five session journey where you will learn to actively and intentionally challenge your thoughts This isn't a study on the power of positive thinking or how you have the power to change your life but about learning how God made your brain He will transform your life as you learn to take every thought captive and submit it to the truth of his Word This study guide includes Individual access to five streaming video sessions Video notes and a comprehensive structure for group discussion time Personal study for deeper reflection between sessions A guide to best practices for leading a group Streaming video access included Access code subject to expiration after 12/31/2029 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 *Tame Your Thoughts Bible Study Guide plus Streaming Video* Max Lucado, 2025-08-12 Renewing your mind will lead to a transformed life Have you been feeling weighed down by worry Or caught up in a web of self critical thoughts The good news is that with God's help you can learn to renew your mind break free from negative patterns and become a little more like Jesus every day This six session Bible study explores three scripture based tools for managing your thoughts Practice Picky Thinking Monitor the airspace of your thoughts and don't allow the destructive ones to land Identify UFOs Scan for any untruths that are creating false narratives that are leading to overreactions Uproot and Replant Don't let the ugly weeds of Satan's lies grow Pull them up by the roots and replace them with God's truth These three tools will help you take every thought captive and test the messages that replay in your mind against the truth of God's Word You will also learn to overcome common thought traps like anxiety guilt rejection dissatisfaction and more No matter who you are or where you come from progress is possible This study guide includes Individual access to six streaming video sessions Video notes and a comprehensive structure for group discussion time Personal study for deeper reflection between sessions A guide to best practices for leading a group Streaming video access included Access code subject to expiration after 12/31/2030 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 Eligible only on retail purchases inside the United States Void where prohibited taxed or restricted by law Additional offer details inside **Everything Is Possible with God Study Guide** Rick Warren, 2010-11-06 This six session small group Bible study from Pastor Rick Warren Everything is Possible with God helps participants recognize understand and cooperate in the predictable patterns God uses to strengthen their faith and develop character *Focus on John* Kathleen Mulhern, Stanley H. Purdam, 1996-04-01 Focus on John is part of the Focus Bible Study Series which contains studies of

Matthew Mark Luke and John The Focus Bible Study Series is the perfect guide for in depth scripture study Each book in the series includes informative commentary thought provoking study questions and experiential group activities that encourage a deeper understanding of scripture The journal format has lots of space for writing and encourages personal reflection and spiritual growth The Focus Bible Study Series is ideal for individual or group study and reflection adult classes small faith communities retreats and midweek Bible study groups Each book features Thought provoking study questions with space for written responses A wealth of ideas to promote prayer and journal meditations that build faith and understanding of the scriptures Numerous suggestions for activities that promote experiential learning and meaningful discussion to encourage spiritual growth

**Faith in Focus** Eliana Rivers, 2025-05-29 Faith isn't about fitting a mold it's about meeting God as you are If you've ever felt like your mind's pace doesn't match the quiet devotionals of traditional Bible study Faith in Focus was made for you Specifically designed for ADHD minds and neurodivergent thinkers this 12 week Bible study guide invites you into a grace filled distraction friendly journey with God on your terms With short daily reflections single key verses creative journaling prompts and built in flexibility this guide will help you Connect with Scripture in under 10 minutes a day Embrace movement creativity and thought bursts as part of your spiritual rhythm Let go of perfectionism pressure and shame in your faith practice Celebrate progress no matter how small or imperfect Whether you're an overthinker a list maker a doodler or a try again tomorrow type of believer Faith in Focus will remind you You're not spiritually defective You're wonderfully made with a mind God can and will meet

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