

The 10-Day DANIEL RESOLVE

The Daniel Challenge

Compiled by M.E.E.T. Ministry

Dr. Thomas Jackson, Director

This program is not intended for the diagnosis or treatment of disease. It is intended for educational purposes only.

Individuals with any disease or condition should consult with their health care provider before embarking on any of the lifestyle principles shared in this program.

The Purpose:

The 10-Day Daniel Resolve is a 10 day lifestyle program based on the book of Daniel as recorded in the Bible. Any crisis that we face can only be solved by a resolve. The life of Daniel exemplified what the results can be when one resolves in the heart to follow strict principles of temperance. Therefore, the purpose and goal of **The 10-Day Daniel Resolve** is to assist you in learning and applying correct lifestyle habits that promote optimum health physically, mentally and spiritually.

The 10-Day Daniel Resolve, as outlined here, has been adapted and modified for the Metro Men's Prayer Ministry. The program revolves around the eight laws of health as found in the book of Daniel

“But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.” Daniel 1:8

Week One:

Understanding the Power of the Will (Ministry of Healing MH 176-177)

“The tempted one needs to understand the true force of the will. This is the governing power in the nature of man--the power of decision, of choice. Everything depends on the right action of the will. Desires for goodness and purity are right, so far as they go; but if we stop here, they avail nothing. Many will go down to ruin while hoping and desiring to overcome their evil propensities. They do not yield the will to God. They do not choose to serve Him.” {MH 176.1}

Week Two:

Daniel and the Body's Temple Daniel 1:8

Daniel recognized that his body was the temple of God. He determined not to defile himself. Additional Scriptures: **1Corinthians 3:16, 17; 1Corinthians 6: 19, 20; Psalm 139:14**

Week Three:

GODLY TRUST - Finding Rest in Stress Daniel 6:21, 22

Daniel's imprisonment in the lion's den and his subsequent deliverance **Daniel 3:12-18, 28**

When thrown in the fiery furnace, the three Hebrews trusted in God for deliverance. **Daniel 9:1-22**

Daniel's Prayer Daniel 6:10

Daniel prayed three times a day faithfully

Three essential elements to be included during this time:

Study - Prophecy

Prayer - Confession and Supplication

Fasting - Abstaining from food so as to receive spiritual enlightenment

Daniel's Fast

Follow a 3 day fast as outlined below

Breakfast: Eat Fresh fruits of all kinds except bananas

Lunch: Eat a fresh hearty raw salad

Supper: Daniel D.I.P.

Daniel D.I.P. Recipe

½ fresh pineapple (with core; cut into chunks)

1-2 cups pineapple juice (preferably not-from-concentrate, 100% juice)

½ Papaya (peeled and seeded, and cut into chunks)

1 Apple or Mango (cut into pieces) optional

1-2 Kiwi fruit

2 tsp ground Ginger (or 2 ½ Tbs grated gingerroot)

Pour some pineapple juice into a blender and add ginger, pineapple chunks and papaya. Blend on high speed until smooth and serve immediately. Add more juice to thin; less if more thickness is desired. Store in a tightly sealed container and keep refrigerated for maximum of two days.

On Day 4 of the program, begin eating

Week Four:

OPEN AIR Daniel 6:10, 4:32-34

Daniel opened his windows each time before his three prayer times. In doing so he received the blessing of obedience to the promise. King Nebuchadnezzar spent seven years out doors in the wild. He benefited from being in the open air. At the appointed time and using His agencies, God restored him mentally, physically and, most importantly, spiritually.

10-Day Daniel Resolve Menu Plan (10-D DR Menu Plan)

For the breakfast and lunch meals, follow the sample GOD'S PLAN BASIC MENU plan as found on week ten, or download it from GODSPLAN RX found at Ministry website: www.meetministry.org

Supper:

Daniel Green Drink

2 C Spinach leaves
2 C Cucumbers
1 Celery Stalk
1 bunch of Parsley
1 C of Kale
Juice of ½ a Lemon and Lime

Blend in 3 cups of water or non concentrate pineapple juice. Strain and drink 2-3 glasses a day. Refrigerate for no more than 2 days. This can be juiced in a juicer if appliance is available.

Week Five:

DAILY EXERCISE Daniel 3:25

The three men were walking in the fiery furnace with Jesus. Jesus said in Luke 13:33, **“Nevertheless I must walk to day, and to morrow, and the [day] following: for it cannot be that a prophet perish out of Jerusalem”**

10-DAY DANIEL RESOLVE MENU PLAN (10-D DR)

Supper:

The Daniel Bone Support Drink

1 cup Black Mission Figs
Blend in 2 cups of Almond milk (Almond Breeze milk) or make your own

Almond Milk Recipe

1 Cup Almonds
2-3 Cups of water - (The amount determines the thickness)
Blend until liquid. Salt to taste

Week Six:

SOOTHING SUNSHINE Daniel 12:3

The sun is part of the firmament. The sun shines in the firmament to give light to our world. Light gives life. As Daniel opened those windows in the day light hours, he received the benefits of the rays of the sun.
Additional Scriptures: **Genesis 1:6-8, 14-19, Matthew 13:43 and Malachi 4:2**

10-D DR Menu Plan

Spend time in the Sunshine every day for at least 30 minutes - before 10 am and after 3 pm.

Supper:

The Daniel Vitamin 'D' Drink

1 Tbs ground fresh flaxseed
1 Tbs granulated lecithin
1 Tbs Sesame Seed
Blend above with 2 glasses of pineapple juice
Drink 2 glasses at evening time

Week Seven:

PROPER REST Daniel 4:4; 2:2; 7:1; 6:18

Two qualities of sleep are suggested in the Bible. The king, as a result of his dreams, had troubled sleep.
Additional Scriptures: **Genesis 41:1-8.** The other quality mentioned is peaceful sleep. Jesus experienced this kind of sleep. **Mark 4:37-40; Proverbs 7:2; Ecclesiastes 5:12**

10-D DR Menu Plan

Supper:

The Daniel Relaxing Tea

1 Part Valerian
1 Part Scullcap
1 Part Hops
1 Part Vervain
½ Part Chamomile
½ Part Peppermint

Mix herbs together. Boil water. Remove water from heat. Add 1 teaspoon of herb per 1 cup of boiled water. Steep for 10 minutes. Strain and drink tea.

Week Eight:

LOTS OF WATER Daniel 1:12

Daniel and his friends asked for water and pulse to meet their dietary needs.

10-D DR Menu Plan

The Daniel Thirst Quencher

Start the morning with juice of ½ lemon or lime in 2 glasses of water upon rising, 1 hour before breakfast. Drink water throughout the day according to your body weight (weight ÷ 16= glasses).

Supper:

Drink 1-2 glasses of Coconut water

Week Nine:

ALWAYS TEMPERATE Daniel 1:8

Daniel determined in his heart that he would not defile his body. He exercised self control and abstinence.

10-D DR Menu Plan

The Daniel Abstinence Plan

Avoid: Processed sugar, flesh foods, dairy; cheese and eggs, soft drinks, caffeine. Replace with natural foods such as: fruits, seeds, nuts, whole grains, vegetables, beans, peas, natural sweeteners such as raw sugar, honey, stevia, succant, etc.

Supper:

Daniel Detox Drink

1 tsp of ground flaxseed (rounded)

½ tsp slippery elm powder

½ tsp psyllium seed husk powder

1 glass apple juice (pure)

Drink whole glass

Week Ten:

NOURISHING NUTRITION Daniel 1:5-17

Daniel ate a plant-based diet

10-D DR Menu Plan

GOD'S PLAN BASIC MENU

I. BREAKFAST:

- + Cooked Grain - such as one of the following:
 - Millet
 - Brown Rice
 - Barley
 - Rolled Oats
 - Buckwheat
 - Spelt
 - Quinoa

- + Fresh Fruits: - Select 2-3 kinds - especially Apples

+Fruit Sauce or Spread: - Mix 2 fruits in a blender-for sweetener add raisins or dates - (If diabetic or hypoglycemia, do not eat dried fruits - omit)

- + Almonds: - 8-10

- + Sunflower Seeds: - or pumpkin seeds, or sesame seeds-1 Tablespoon

- + Grain or nut milk - (optional)
 - How to make grain or nut milk:
 - Grain milk: millet or brown rice
 - 1 Cup of cooked grains
 - 2-3 Cups of water - (The amount determines the thickness)
 - Blend in blender - salt to taste

 - Nut milk:
 - 1 Cup raw nuts or seeds
 - 2-3 Cups of water - (The amount determines the thickness)
 - Blend until liquid. Salt to taste

II. Dinner:

- + Cooked Grain: One of the following:
 - Brown Rice, Corn, Millet
 - or
 - Potato - Baked or Boiled
 - Whole Grain Pasta

- + Steamed Green: Vegetables or cooked fresh peas or beans

- + Raw Salad: Leaf lettuce or Romaine - along with carrot sticks, celery, radish, green peppers, plenty of sprouts

- + Salad dressing: Lemon juice/honey (if not a diabetic or low blood sugar)
 - Sunflower Seed Dressing:
 - Whiz in blender until very creamy:
 - 1 ²/₃ C water
 - 1 tsp. salt (optional)
 - 1/2 tsp. garlic powder
 - 1 tsp. onion powder
 - 1 C sunflower seeds
 - 1/3 C lemon juice, Fresh is best.

- + Bread - Whole Grain - Optional

III. Supper: (Optional) Very light - Five hours before bedtime

- + Vegetable Soup - Zwieback whole grain bread
 - or
 - Fruit Salad and Bread

For more information please contact M.E.E.T. Ministry at:

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Call: 731.986.3518 Monday-Thursday

9 am -5 pm CT