

**New England North Area Seventh-day Adventist Churches**  
**10 Days Health Challenge - January 28, 2021**

**KEY TEXT**

“But Daniel purposed in his heart that he would not defile himself with the portion of the king’s delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself. So Daniel said to the steward whom the chief of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, ‘Please test your servants for ten days, and let them give us vegetables to eat and water to drink.’” (**Daniel 1:8, 11-12 NKJV**)

**KEY QUOTE**

“Reform, continual reform, must be kept before the people, and by our example we must enforce our teachings. True religion and the laws of health go hand in hand. It is impossible to work for the salvation of men and women without presenting to them the need of breaking away from sinful gratifications, which destroy the health, debase the soul, and prevent divine truth from impressing the mind. Men and women must be taught to take a careful review of every habit and every practice, and at once put away those things that cause an unhealthy condition of the body, and thus cast a dark shadow over the mind.” (E. G. White, *Counsels on Health*, 445)

**THE CHALLENGE**

By God’s grace, covenant to devote yourself to living in alignment with God’s *eight laws of health*, **NEWSTART**:

1. Balanced **N**utrition
2. Regular **E**xercise
3. Sufficient **W**ater
4. Adequate **S**unshine
5. Faithful **T**emperance
6. Fresh **A**ir
7. Adequate **R**est
8. Unwavering **T**rust in God

**INSTRUCTIONS**

1. **NEWSTART** – Intentionally incorporate God’s eight laws of health into your daily life. Make space in your life to commit to stewardship of life. If you are already practicing some or all of these laws, challenge yourself to grow in areas of weakness.
2. **PRAYER TIMES** – Commit to praying for at least 10 minutes, at least three times daily for your personal wellbeing and protection, wholeness for your church family, and God’s favor for the upcoming evangelistic series (April 3-17).
3. **PRAYER LIST** – Identify 10 individuals within your circle of family, friends, neighbors, and associates who you would like God to save or deliver. Lift these souls up to God on your priestly breastplate daily. Commit to praying for each of these souls by name at least twice daily. Commit to prayerfully finding ways to share acts of care & kindness with these precious souls. Plan to invite the individuals on your list to follow/attend the upcoming evangelistic series.
4. **ACCOUNTABILITY PARTNERS** – Select two or three accountability partners who will support and join you in this challenge. Share at least three personal goals for this challenge with your partners. Hold each other accountable to your personal goals. Commit to praying with each other daily. Commit to encouraging each other to practice the eight laws of health.
5. **SPIRITUAL DISCIPLINE** – Commit to intentionally incorporating or strengthening the following spiritual disciplines into life during this challenge: regular fasting, times of silence in God’s presence, solitude (alone with God), biblical meditation, simplicity, witnessing, and personal devotion.

# 10 DAYS CHALLENGE OUTLINE

## January 28 – February 5, 2021

### January 28: Day 1 Nutrition

**Challenge:** Eat only raw vegetables, fruits, grains

**Scripture Focus:** Genesis 1:29-Jesus as Bread of Life

### January 29: Day 2 Exercise

**Challenge:** Exercise for 30-45 minutes

**Scripture Focus:** 2 John 1:6 -Jesus as the Way

### January 30 Day 3 Water

**Challenge:** Ensure to get your recommended amount of water

**Scripture Focus:** John 4:10 -Jesus as Living Water

### January 31 Day 4 Sunlight

**Challenge:** Get 30-45 minutes of midday sunlight

**Scripture Focus:** Malachi 4:2-Jesus as Sun of Righteousness

### February 1 Day 5 Temperance

**Challenge:** Give up your addiction or obsession for a day

**Scripture Focus:** 1 Corinthians 9:25-Jesus as One who Satisfies

### February 2 Day 6 Fresh Air

**Challenge:** Get 30-45 minutes of early morning fresh air

**Scripture Focus:** Genesis 2:7-Jesus as Breath of the Soul

### February 3 Day 7 Rest

**Challenge:** Get at least 7 hours of sleep, and take 30 minutes to just unplug and relax

**Scripture Focus:** Matthew 11:28-Jesus as our Rest

### February 4 Day 8 Trust in God

**Challenge:** Try a fast of your choice unplug and relax

**Scripture Focus:** Proverbs 3:5-6-Jesus Anchor for the Soul

### February 5 Day 9 Mental Health

**Challenge:** Schedule wholesome fun, say no to something, put away the phone, take 5 minutes to do some deep breathing exercises, let go of excess baggage

**Scripture Focus:** Isaiah 26:3-Jesus as Center of our Joy

### February 5 Day 10 Family Life

**Challenge:** Complement your family members or the people you consider family, spend time praying with your family, plan a fun activity with your family circle.

**Scripture Focus:** 1 John 4:7-8-Jesus as Cornerstone of the Family