

FAITH STUDY GUIDE: NURTURING YOUR SOUL

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...



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Faith Study Guide: Nurturing Your Soul

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