

the diet plan that's not a diet

A 2-WEEK CHALLENGE TO BRING JESUS
INTO YOUR DIET & HEALTH





IT ALL STARTED WITH A CRAZY IDEA...

When They Say podcast producer Becky randomly suggested during a planning meeting that we try a two-week "dieting experiment," we were all on board.

Here's the experiment:

For two weeks we would forfeit ALL dieting rules, programs, and efforts and would instead let Jesus guide us in our daily diet.

We'd keep an informal journal of what we heard/experienced/felt, and then we'd review it at the end of the two weeks.

The results were:

Surprising. Intriguing. Unexpected.

The journey was just beginning...

NOW IT'S YOUR TURN

So here's the deal: we want you to try the same experiment.

For two weeks we want you to abandon ALL dieting rules, efforts, and programs you're on.

And then we want you to ask Jesus to lead you.

We're excited to see the unique, inspiring, encouraging, (sometimes challenging), unexpected ways Jesus shows up in your life.

HEAR ABOUT OUR PERSONAL DIET STORIES ON
THEY SAY PODCAST EPISODES 004 AND 005

Tap to get them on your device



how to use this guide

This dieting experiment is CASUAL, meaning that
THERE ARE NO RULES.

So what do you do without rules?

Here's what you do in two steps:

Step One: Start with prayer. Ask the Holy Spirit
for your first prayer or action in this journey. Do it.

Step Two: Then check-in as often as he prompts you
and follow his lead.

>> Rinse and Repeat. >>

Here are some things to help:

We've included a variety of prompts and journaling pages for you
during this challenge. You DO NOT have to use them,
but they're there in case you want to.



EVERYTHING IS BETTER WITH TWO (OR MORE),
SO INVITE A FRIEND TO JOIN YOU!

Tap to send them here for their own download >>

the feel-good, check-off calendar

DAY 1

Thank Jesus
for this new
journey!

DAY 2

Pray for freedom
every time you
eat today

DAY 3

Pray for
discipline and
gratitude

DAY 4

Ask Jesus for one
word that he thinks
describes you

DAY 5

Pause before
eating and invite
the Holy Spirit to
join you

DAY 6

Pick a
verse on
page 10 to
read &
reflect on

DAY 7

Make your grocery
list with Jesus

DAY 8

Halfway point!
Praise God for
what you've
seen/heard/felt
so far

DAY 9

Make a list of diet "rules" you know
and then cross each one out,
thanking Jesus for his freedom

DAY 10

Encourage a
friend about
his/her health
journey

DAY 11

Share what's
happened so far
with a friend

DAY 12

Pray for insight
and peace when
you're on social
media today

DAY 13

Pray before a meal

DAY 14

Celebrate!



prayer prompt ideas

USE THE FOLLOWING QUESTIONS TO START A CONVERSATION WITH GOD. JOURNAL, SKETCH, DOODLE, OR SHARE WITH A FRIEND WHAT YOU HEAR.

1. Jesus, what do you want me to eat right now?
2. Pause to thank God for what you're about to eat
3. Jesus, what am I truly hungry/thirsty for?
4. Jesus, what meal plan ideas do you have for me?
5. Jesus, do you want me to do something different than eat right now?
6. Jesus, what do you want me to pray today?
7. Pause to thank God for your body, mind and spirit
8. Take a minute to pray for the health and wellness of the people you love
9. Jesus, who can I encourage or pray for today about their journey?
10. Jesus, how would you like me to talk about myself and others today?
11. Jesus, what Bible verse is on your mind for me today?
12. Jesus, will you pray with me right now?
13. Jesus, what word would you use to describe me today?
14. Jesus, who can I encourage today?



Bible verse ideas

LOOK UP THE FOLLOWING VERSES IN YOUR BIBLE
OR BIBLE APP, THEN JOURNAL OR DRAW YOUR
REFLECTIONS ON EACH PASSAGE.

1. Ecclesiastes 4:9-10
2. 1 Corinthians 10:31
3. Galatians 5:1
4. Philippians 1:6
5. John 10:10, 28
6. Psalm 139
7. Ephesians 2:10
8. Proverbs 16:3
9. Colossians 2:20-23
10. Matthew 6:25
11. Romans 8:1
12. 2 Samuel 16:7
13. 1 Corinthians 6:19-20
14. Philippians 3:12-14

quick self-assessment

IDEA: CHECK-IN WITH YOURSELF BEFORE YOU START USING THIS ASSESSMENT

TAKEN FROM **HEALTHY EATING AND ABUNDANT LIVING**

How would you rate the following areas of your life?

1. Health

0 1 2 3 4 5 6 7 8 9 10
Poor -----> Excellent

2. Energy Level

0 1 2 3 4 5 6 7 8 9 10
Low -----> High

3. How do you feel about your relationship with God?

0 1 2 3 4 5 6 7 8 9 10
Poor -----> Excellent

4. How often are you on a diet or restricting yourself of certain foods?

0 1 2 3 4 5 6 7 8 9 10
Always -----> Never

5. How often do you feel confident about your body?

0 1 2 3 4 5 6 7 8 9 10
Never -----> Always

Pray: Jesus, thank you in advance for being my guide and comforter during the next two weeks. I pray that you'll conform my thoughts and feelings with yours, and move me on these scales in the direction you want me to go. Amen.

TAP FOR DETAILS
ON THIS FEATURED
BIBLE STUDY

Wonderfully made

Healthy Eating
& Abundant

Living



Allie Marie Smith
and Judy Wardell Halliday



journal pages

WE MADE THESE PRINT-FRIENDLY
'CUZ PRINTER INK IS
EXPENSIVE.

(PRINT PAGES 15-28)

DAY 1

Verse I'm focusing on:

Jesus, here's what's on my heart today:

Things I'm hearing, feeling, thinking:

90-second touch at the end of the day: What do you want to remember from today?

DAY 2

Verse I'm focusing on:

Jesus, here's what's on my heart today:

Things I'm hearing, feeling, thinking:

90-second touch at the end of the day: What do you want to remember from today?

DAY 3

Verse I'm focusing on:

Jesus, here's what's on my heart today:

Things I'm hearing, feeling, thinking:

90-second touch at the end of the day: What do you want to remember from today?

DAY 4

Verse I'm focusing on:

Jesus, here's what's on my heart today:

Things I'm hearing, feeling, thinking:

90-second touch at the end of the day: What do you want to remember from today?

DAY 5

Verse I'm focusing on:

Jesus, here's what's on my heart today:

Things I'm hearing, feeling, thinking:

90-second touch at the end of the day: What do you want to remember from today?

DAY 6

Verse I'm focusing on:

Jesus, here's what's on my heart today:

Things I'm hearing, feeling, thinking:

90-second touch at the end of the day: What do you want to remember from today?

DAY 7

Verse I'm focusing on:

Jesus, here's what's on my heart today:

Things I'm hearing, feeling, thinking:

90-second touch at the end of the day: What do you want to remember from today?

DAY 8

Verse I'm focusing on:

Jesus, here's what's on my heart today:

Things I'm hearing, feeling, thinking:

90-second touch at the end of the day: What do you want to remember from today?

DAY 9



Verse I'm focusing on:

Jesus, here's what's on my heart today:

Things I'm hearing, feeling, thinking:

90-second touch at the end of the day: What do you want to remember from today?

DAY 10

Verse I'm focusing on:

Jesus, here's what's on my heart today:

Things I'm hearing, feeling, thinking:

90-second touch at the end of the day: What do you want to remember from today?

DAY 11

Verse I'm focusing on:

Jesus, here's what's on my heart today:

Things I'm hearing, feeling, thinking:

90-second touch at the end of the day: What do you want to remember from today?

DAY 12

Verse I'm focusing on:

Jesus, here's what's on my heart today:

Things I'm hearing, feeling, thinking:

90-second touch at the end of the day: What do you want to remember from today?

DAY 13

Verse I'm focusing on:

Jesus, here's what's on my heart today:

Things I'm hearing, feeling, thinking:

90-second touch at the end of the day: What do you want to remember from today?

DAY 14

Verse I'm focusing on:

Jesus, here's what's on my heart today:

Things I'm hearing, feeling, thinking:

90-second touch at the end of the day: What do you want to remember from today?

the end.

