

## 21 Day Prayer Coaching Week 2 By Elisha Goodman

"Beyond a Whistle and a Prayer will forever change the way you look at sports and coaching. Society advocates sports as a means to instill virtue and character in our youth. But we all know that the system is broken to a large extent - from youth sports through college, and beyond. Too many coaches and parents are driven by the scoreboard, the win-at-all costs model. Is it any wonder that 70% of kids drop out of sports by age 12? Many of us remember the words and actions of coaches for a lifetime. What memories are you leaving with your athletes? Chris helps us make sense of why sports are broken and how they can be restored as a tool to positively impact lives. It all centers on coaches being transformed by biblical truths and implementing practical tools so they can field competitive teams while also loving their athletes well. Join the journey and learn to coach with joy." -Gilbert Tuhabonye: Author of *This Voice in My Heart*; 8-time NCAA All-American; Distance Running Coach

The Daniel Fast is a widely used intermittent fast, based on the Biblical book of Daniel. The Daniel Fast requires a strict 21-day ad libitum healthy diet period, including the withdrawal of meat, sweets, and preservatives, while indulging in fruits, vegetables, whole grains, legumes, nuts, and seeds. This book will inspire and equip you with Daniel Fast' wisdom, tutor you, and set you on fire with a realistic and robust plan for your breakthrough. It guides you to rethink fasting and prayers using scriptures to evaluate the Daniel Fast. It provides you with six essential components (Daniel's story, determination, diet, development, duration of the intermittent fast, and fervent prayers). It helps you to participate effectively and achieve your individual holistic wellness goals. Because Daniel Fast is only a 21-day experience, but, your purpose is for a lifetime, your transition needs a lifestyle change. You will gain a new perspective on the Daniel Fast integrated with the 4C Chayah Transformation Model for continuous spiritual growth and self-development in your wellness, a roadmap for the 21-day adventure, and a lifetime relationship with God. It includes useful tools to equip your Daniel Fast experience with self-assessment, self-reflection journals, habit trackers, and planners. You can't manage and change what you don't measure and sustain! Are you prepared for that which you are praying? This kind comes out only by prayer and fasting to break chains, generational curses, corruptions, and set captives free. (Mark 9:29, Isaiah 58:6). We must believe in God; our faith pleases Him. This book provides you with a 21-Day GAP series of fervent prayers, affirmations, and scriptures declarations. It empowers your faith, wellness, wisdom, courage, character transformation, spiritual warfare, divine breakthroughs, and mind-blowing miracles. God has a divine strategy for you to win your battle; when it looks like it's too late, God says, I have a plan to close your GAP! I am Nicola McFadden, a Daniel Fast Enthusiast, the Founder of Nikimac Solutions Inc., the Visionary behind the ministry, U Power Up, Life Happens; Stay Strong. I am a widely sought-after transformation strategist, leadership coach, empowerment speaker, and bestselling author. I help organizations, leaders, teams, and individuals transform, despite the complexities of the crisis, or change solutions, to achieve their vision. I build social learning communities, connect people, and empower them to live, lead, learn, and love like Jesus, leaving a legacy. I support and equip legends of faith in the life transformation community, Chayah (<https://chayah.club/>), while in Mastermind Cafe (<https://mastermindcafe.ca/>), I educate and coach a new generation of future leaders in servant leadership. My why? And what's in it for you? Inspiring you to live a purposeful and "choiceful" life, so you choose to live fully, and Chayah!

### **\*New Enhanced 2nd Edition - See below for list of upgrades\***

Over 60 mouth-watering recipes to help you develop healthy eating habits for life. This isn't just a cookbook, it's a full plan to start you on a journey to life-long healthy eating by getting back to God-created whole foods and sensible eating the way we were designed to eat foods. This meal plan gives you all the tools you need to develop healthy eating habits with weekly shopping lists and recipes for each meal of the day. Delicious low-carbohydrate meals designed to reduce your sugar and carb craving while helping you to lose those unwanted pounds naturally.

Originally written to accompany the *Healthy by Design: Weight Loss, God's Way* devotional bible study, as a means to fast-track and simplify the journey. I've now taken the most popular recipes and added some new favorites to round out this fully stand-alone cookbook. Alone or with its companion *Healthy by Design: Weight Loss, God's Way* book, it'll help you to discover what's been holding you back from permanently releasing weight, while realigning you with God's design for your body, mind and spirit.

This 21-Day Meal Plan contains everything you need to start a change to a healthier, faith-based diet, focused on whole foods and proven nutrition while still providing great tasting, easy-to-prepare meals even your kids will love.

- Over 60 low-carb meals
- 21-days of done-for-you meal plans
- Shopping lists for each week

- carb counts, calories and nutrition details for every recipe
- Overview of the Weight Loss, God's Way biblical principles to help you stop yo-yo dieting and release weight sustainably

**\*NEW 2nd Edition: Best-selling author Cathy Morenzie's award-winning 21-Day Meal Plan has been massively updated and upgraded:**

- New Recipes
- New Photos
- New nutrition labels for each recipes
- New commentary
- Revised and updated nutrition facts
- Re-edited
- Bonus recipes
- and finally... Available in Print!!

One of the most popular fasts in recent years has been the Daniel Fast, a 21-day period of prayer and fasting based on the Old Testament prophet's fasts recorded in Daniel 1 and Daniel 10. The Daniel Fast is a partial fast, in which certain foods are restricted and others are consumed. This fast is similar to a 'purified' vegan diet; in addition to the exclusion of all animal products, no additives, preservatives, sweeteners, caffeine, alcohol, white flour, or processed foods are allowed. With the Daniel Fast people can eat as much Daniel-Fast-friendly food as they would like. Though most people begin the Daniel Fast for a spiritual purpose, many are amazed by the physical transformation that takes place. Many with high cholesterol experience a drop to healthy levels; people who have wrestled with weight issues are suddenly able to lose the pounds. The vast majority of participants following the Daniel Fast report a general sense of well-being and increased energy. Recent published scientific studies of the Daniel Fast have confirmed these findings, with additional benefits, such as a reduction in systemic inflammation, a reduction in blood pressure, and an improvement in antioxidant defenses. The Daniel Cure will help readers take the next step by focusing on the health benefits of the Daniel Fast. By following the advice in this book, readers will convert the Daniel Fast from a once-a-year spiritual discipline into a new way of life that can begin any time of the year. In a nation suffering an epidemic of obesity and its resulting ills, The Daniel Cure may be just what the Great Physician ordered. The Daniel Cure includes a 21-Day Daniel Cure Devotional, four chapters detailing the lifestyle diseases of obesity, type 2 diabetes, cardiovascular disease, and inflammation, eleven chapters of recipes and meal planning advice, a recipe index, complete nutritional guidance, and an appendix detailing 'The Science behind the Daniel Fast.'

The Ultimate Guide to the Daniel Fast is an inspiring resource for Christians who want to pursue a more intimate relationship with God through the 21-day commitment to prayer and fasting known as the Daniel Fast. As you deny yourself certain foods—such as sugars, processed ingredients, and solid fats—you will not only embrace healthier eating habits, you'll also discover a greater awareness of God's presence. Author Kristen Feola explains the Daniel Fast in easy-to-understand language, provides 21 thought-provoking devotionals for each day of the fast, and shares more than 100 tasty, easy-to-make recipes that follow fasting guidelines. In a conversational style, Feola helps you structure the fast so you can spend less time thinking about what to eat and more time focusing on God. You will also discover that "to fast" means "to feast" on the only thing that truly nourishes?God's powerful Word. For more info, please visit [www.ultimatedanielfast.com](http://www.ultimatedanielfast.com).

Praying Christians are hungry to learn how to connect with God in a way that takes them beyond the typical grocery-list approach. Transforming Prayer explores the profound difference between seeking God's hand (what he does for people) and seeking God's face (who he really is). With captivating stories of the transformative power of personal worship and its connection with prayer, this book equips readers with practical tools for a more effective personal and corporate prayer life.

12,500 entries. 196 countries. 365 days. Find out what's going on any day of the year, anywhere across the globe! If you're looking to tie a promotional event to a special month, create a suggested reading list based on a festival halfway around the world, blog about a historical milestone or do a celebrity birthday roundup on your radio show or Twitterfeed, Chase's Calendar of Events is the one resource that has it all. For broadcasters, journalists, event planners, public relations professionals, librarians, editors, writers or simply the curious, this is one reference you can't do without! Chase's Calendar of Events 2013 brings you: Milestones such as the 50th anniversary of the March on Washington, the 100th birth anniversary of civil rights activist Rosa Parks, the 150th anniversary of the Battle of Gettysburg and the 200th birth anniversaries of composers Giuseppe Verdi and Richard Wagner New birthday entries for sports stars such as Robert Griffin III (Feb 12); actors such as Jessica Chastain (Mar 24), Jean Dujardin (June 19) and Benedict Cumberbatch (July 19); musical artists such as Pitbull (Jan 15), Adam Levine (Mar 18) and Scotty McCreery (Oct 9); newsmakers such as Françoise Hollande (Aug

12) and many others Special events such as Dyngus Day (Apr 1), Bedbug Awareness Week (Apr 22–26), National Polka Festival (May 24–26), Lincoln Highway Centennial (June 30–July 5), Kids Take Over the Kitchen Day (Sept 13), the 34th America's Cup (Sept 7–22) or Steamcon V (Oct 25–27). Search Chase's Any Way You Want! Whether you want to target a specific date, location or subject, our fully searchable CD-ROM (PC-compatible only) makes your research quick and easy. Also included is a free installer, so you can load Chase's directly to your hard drive.

Are you ready to give up what you crave... ..to get something that will really satisfy the hunger in your soul? If you're ready for a change and want to take your spiritual life to the next level, you're ready to Fast Like Daniel - 21 Days That Will Change Your Life. This devotional is your definitive guide to... -Unpacking the Daniel Fast -A Closer Connection with God -The Four Keys to Powerful Prayer -How Fasting and Prayer Produces Breakthrough The book you're holding walks you through Pastor Scott Williams' own discovery of the Daniel Fast and the amazing life change, breakthrough, and success that followed. Since then, he's done it on an annual basis for over a decade and has taught others to do the same. The results have been staggering! All 21 days come power packed daily dose of... -Scripture -Devotionals -Journal Ideas -Prayers -Fasting Tips Start a journey toward more intimacy with God as you learn to Fast Like Daniel.

Looking for the best weight loss diet book, again, when really it's your food addiction and emotional eating that's stopping you from losing weight and keeping it off? Healthy Eating, God's Way is a Christian weight loss book and daily devotional / bible study for women that provides the biblical tools you need to eat healthily and lose weight. Cathy Morenzie is an award-winning author, international speaker, and Christian weight loss coach who has empowered hundreds of thousands of women to transform their bodies by embracing their true identity in God and harnessing the power of His Word. Healthy Eating, God's Way is the latest addition to Cathy's celebrated series of Healthy by Design weight loss devotionals for women. In this powerful faith-based weight loss motivation book, Cathy will help you achieve your health goals by showing you how to transform your relationship with food and finally start eating the way God created you to. Over 28 life-changing days, you will discover how to: Make sense of what your cravings really mean Understand what scripture actually says about food Develop an actionable, bible-based plan for healthy weight loss Adopt (and maintain) healthy eating habits And more. In this transformational women's devotional book and Christian weight loss bible study, Cathy will guide you through: Inspiring scriptures related to losing weight and healthy living for women Engaging devotions that will both comfort and challenge you Simple steps you can take to propel yourself forward on your weight loss journey An impactful opportunity for guided prayer and journaling AND Bonus scriptures that will help you gain a greater understanding of God's will for your health and body. Alongside this devotional, Cathy will also offer you these exclusive bonus resources: An easy-to-use weekly meal plan template that you can use to fast-track your weight loss journey A healthy eating checklist that will help you to feel confident in your food choices every day A printable healthy eating journal that will allow you to track your progress, celebrate your successes, and stay committed to your goals Cathy's popular guide 3 Steps to Overcoming Emotional Eating that will reveal how to reverse impulsive eating habits and turn your needs over to God instead. In Healthy Eating, God's Way, you will be equipped with proven practical strategies for weight loss, as well as powerful spiritual tools for inviting God into your personal transformation and dramatically increasing your chances of success. If you're ready to find freedom from unhealthy eating habits and finally enjoy a healthy, God-given relationship with food, this book is for you. About the Author Cathy Morenzie has been a leader in the health and wellness industry for over 30 years. She once struggled with emotional eating herself, but experienced a powerful breakthrough when she realized that the answer to her problems lay in 'faith, not food!' Now, Cathy's life mission is to equip millions to live a healthy lifestyle by helping them to rediscover their true identity in Christ. Other Healthy by Design books by Cathy Morenzie Weight Loss, God's Way: The Proven 21-Day Weight Loss Devotional Bible Study Weight Loss, God's Way: Low-Carb Cookbook and 21-Day Meal Plan Pray Powerfully, Lose Weight: 21 Days of Short Prayers, Declarations, Scriptures, and Quotes for a Healthy Body, Spirit, and Soul Love God, Lose Weight: Freedom from Emotional Eating, Overeating, and Self-Sabotage by Accepting God's Love Get Active, God's Way: Lose Weight, Learn to Love Exercise, and Glorify God with Your Body

This book combines scientific, philosophical and biblical evidence to support that you were perfectly designed to have open communication with GOD. Additionally, it will serve as a guide on how to use your "personal authority" to change atmospheres based on what you have heard intuitively. Taking you on a journey from the spiritual nature and composition of mankind, all the way through methods of operating in the multi-dimensional realm of hearing GOD, this book is sure to be your "one stop" guide. The book also includes a common dictionary of symbolisms commonly used by GOD through prophetic dreams, visions and other intuitive messages. Whether you are in learning to hear from GOD or advanced in intuitive listening, this book is a must have for your collection.

"21 Days to Childlike Prayer makes you want to pray." —Donald S. Whitney, author of Praying the Bible Childlike Prayer Is Life-Changing Prayer God doesn't need great prayers to do great things. When you speak to Him in simple, trusting faith, you find yourself in a new story where anything is possible, where you always get what's best, and where your problems become opportunities for a greater experience of Jesus. In 21 Days to Childlike Prayer, you'll witness how God responds in power and love to your specific prayers. As you dive into what the Bible says about communing with God, you will... identify what prayer is, how it can change you, and what major prayer pathways are laid out in Scripture learn easy-to-remember prayer strategies that help you overcome challenges and pursue goals discover inspiring true examples—both biblical and contemporary—of God's miraculous answers to his people's prayers This concise 3-week devotional journey will show you how to turn your daily worries, frustrations, and dreams into prayers throughout your Christian life. This transformative resource is perfect for individual and group study, empowering you to be intentional—and fruitful—in your time with God.

We know from Scripture that prayer is essential to an intimate and thriving relationship with God, but often we simply don't know how or what to pray. Many of us feel inhibited with group prayer or praying out loud. Chrystal Evans Hurst knows both the freedom and literal blessing of establishing and growing your prayer life, and how difficult it can be when prayer itself feels a bit foreign. In this video-based Bible study (DVD/downloads sold separately), Chrystal teaches us the basic tenets of prayer practice and establishes a realistic and doable pattern of prayer to be applied to our daily life for 28 days with lasting effect. She then dives deep into four postures of prayers that increase our communication and relationship with God. After you have prayed in one posture for an entire week, Chrystal will break down that posture and walk through the biblical references supporting it to draw the connections between your growing relationship with God and the practice of prayer. This study includes daily prayer practices, space to journal about your prayers and what you are hearing from God, as well as challenges each week to keep yourself from distraction and give prayer the time it deserves. Sessions include: Introduction to Types of Prayer and Practice Prayers of Thanksgiving Prayers of Repentance Prayers of Request Prayers of Yielding Designed for use with the 28-Day Prayer Journey Video Study (sold separately).

Spiritually Strong is a six-week program designed to help you get in better shape spiritually and physically. As Timothy says, "For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come" (4:8). This book teaches you how to train yourself in godliness through the implementation of six disciplines—Bible study, prayer, fasting, healthy living, financial stewardship, and serving others. By exercising your spiritual core on a daily basis, you will learn to: Study the Bible and understand what God is saying to you. Pray with power. Incorporate

periodic fasting into your life. Honor God with your body through nutritious eating and exercise. Practice good stewardship of the resources God has given you. Serve others in humility as an outward demonstration of God's love. As you learn to submit to God in each of these areas of your life, you'll discover the joy that accompanies self-discipline. Your daily steps of obedience will translate into giant strides in your walk with the Lord.

"The definitive guide to all holidays and anniversaries." --Wall Street Journal "In its diversity and inclusiveness, [Chase's] is an exhaustive guide to the country's ideals and passions." --Washington Post For almost 50 years, Chase's Calendar of Events has been the most trusted and comprehensive reference to just what's going on today. Whether it's an important historical anniversary, the phases of the moon, a sports event, the birthday of a favorite celebrity, a festival, or much, much more, Chase's has all the answers. This indispensable resource is perfect for people who need to be "in the know," such as: Event planners Broadcasters Librarians Advertisers . . . and others Whether it's Valentine's Day (February 14) or National Underwear Day (August 13), American Heart Month (February) or International Accordion Awareness Month (June), Chase's covers traditional and whimsical observances of all kinds: holidays, anniversaries, sporting events, astronomical phenomena, and more. In all, it has more than 12,000 entries. There is never a boring day in Chase's! Also available with a CD-ROM that allows you to customize searches by date, subject, location, and many other ways!

Get ready to experience the best 40 days of your life! The 40 Day Soul Fast: Your Journey To Authentic Living is an eight-week study of the life of the soul, the practice of fasting, and the process of living more authentically. It is a transformational expedition that will lead you on an inward journey to greater health, happiness, and success as you learn to live from the inside out—as we are told by Jesus in the book of Matthew: "Ignite the kingdom life within you, a fire within you . . . changing you from the inside out . . . make a clean sweep of your lives" (Matthew 3:11). When all is well with the souls of humanity, all will be well in the world. When you have peace in your soul, you will bring that peace to bear on the world around you—you will become the change you are hoping to see. Churches, organizations, small groups, and families are encouraged to travel together on this 40-day journey to greater mental, emotional, and spiritual health. If everyone who picks up this book takes it upon him or herself to encourage others to participate, we would create an unstoppable movement! You may think that one healed soul cannot heal the world, but it can. Join the Soul Fast Movement by going to [www.soulfast.com](http://www.soulfast.com). There you will find soul-empowering resources and tools to not only transform your life, but the world! The 40 Day Soul Fast promises to bring the best out of you so that you can impact your world for good. Have the courage to follow your heart! Step out and engage with your authentic self—it will be the best 40 days of your life!

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.

Do you feel stuck? Is there one area of your life that just won't change, no matter how hard you work, believe, and cry out to the Lord? When the enemy holds ground in one part of our life, it tends to consume most of our thoughts. That one area can cost us emotional health, quality relationships, and even the ability to enjoy life. But we don't have to put up with it. It's time to fight back! Fasting is God's secret weapon against the enemy's strongholds. Jesus even said that some evil spirits cannot be cast out except by prayer and fasting. That should tell us a lot about the power of this weapon—it's basically God's nuclear option. The Jericho Fast guides readers through a 7-day fast to achieve breakthrough for the stubborn areas of their lives. Minister and author Rhoda Faye Diehl expertly imparts wisdom and biblical truth throughout the book to help you overcome lies used by the enemy to erect walls in your life. She also provides strong encouragement and exhortation to help readers complete the fast and make it through to their victory. Are you ready for breakthrough? Are you ready for the walls to come down? Let's go!

Un resumen de la posición bíblica de la Iglesia Cuadrangular tocante a la gracia de Dios y el potencial de la mujer bajo su soberanía y llamado.

Bestselling author Susan Gregory, the popular "Daniel Fast Blogger," has helped countless readers discover renewed physical, mental, and spiritual health through the 21-day Daniel Fast. Now, in *The Daniel Fast for Financial Breakthrough*, she leads us on a journey to practice the spiritual discipline of fasting while learning to honor God with our finances. Filled with a detailed fasting framework, more than 70 new recipes, a meal planner, and a 21-day devotional to guide you through the fast, *The Daniel Fast for Financial Breakthrough* will help you seek God's guidance for your financial life. You'll discover both a healthy approach to financial freedom and a healthy dependence on God's provision.

What breakthrough are you seeking? God's people all over the world have been seeking spiritual breakthroughs through prayer and fasting since the birth of the church. What is the great matter in front of you? A loved one far from Christ? A critical decision in the life of your family? A relationship that is falling apart? What great matters are in front of your church or ministry? An evangelistic outreach? A financial crisis? A leadership transition? Missional expansion? In the *21 Days of Prayer & Fasting Guide*, Gary Rohrmayer introduces you to the rich spiritual discipline of fasting through the holy scriptures and the great Christian thinkers throughout the ages. When was the last time you entered an extended time of prayer and fasting for spiritual, relational or missional breakthrough? Throughout the history of God's people, great leaders reached out to God for a fresh encounter or divine intervention. Our prayer for you during the next 21 days is that you will experience a deeper craving for the beauty of the Lord and for the wonder of his leading in your life, and that you will know the fullness of the Holy Spirit and the favor of the God of heaven.

Unshakable Hope, Unblinded Faith Would you like to have the kind of faith that strengthens your soul? What if you could endure trials with a steady calm and make daily decisions with confidence in God's purposes? In *Unblinded Faith*, Elisa Pulliam invites you to take a holy pause and experience a fresh encounter with God and His Word. This

90-day devotional is filled with thoughtful application of Scripture to help you see God personally and know His love for you. It is possible to take God at His Word. It is possible to embrace His promises, even when your circumstances challenge your faith. You can experience the fullness of God's love, kindness, grace, mercy, and wisdom—no matter where you find yourself today. If you crave unshakable hope, it's time to embrace unblinded faith!

This practical, personal prayer guide contains stories, teachings, and tips to help jumpstart the prayer journey of readers, whether they are new to prayer or lifelong prayer veterans. The author's prayers took her halfway around the world to work with the destitute and poor in African countries as she became the answer to someone else's prayers. Most books on prayer describe answers to the author's personal prayers. This book not only does that but also shows how the author became the answer to other people's prayers. Marilynn tells her story of how as an ordinary mom, she has moved from her own neighborhood to the inner city to genocide-torn Africa. She also tells of meeting two African presidents and becoming deeply involved with the poor in Sudan. But much more than her personal story, this book offers a multitude of practical helps for readers to jumpstart their own prayer journey with step-by-step instructions, training, and tips. Inspirational principles—such as “Double for Your Trouble,” which teaches that those who suffer pain and trouble are often doubly blessed by God—ground readers and equip them for prayer. And inspirational stories—such as “Pennies from Heaven,” which tells how the author found pennies everywhere only to discover that God was trying to tell her something—motivate readers to move forward in their own prayer journey. Finally, a twenty-page, eight-week Leaders Study Guide is included at the end of the book for those who want to share and teach this book's methods to others.

Learn How to Surrender Like Jesus. Are you facing a problem in life that you just can't fix, no matter what you do? Perhaps you've heard the phrase "Let go and let God." But it's easier said than done. Is it possible that giving up on what you can't change is God's path to peace for your life? In this six-week Bible study of Jesus in the wilderness, Barb explores Jesus' time of testing and contrasts it with the Israelites' failures in the wilderness. As you learn from Jesus' example, you'll discover six principles that will equip you to let God lead you to victory despite your circumstances as you deal with the problems and pain you are facing: 1. Recognize You Can't Handle It 2. Stop Following Your Feelings 3. Give Up Control and Reach for God 4. Embrace God's Better Blessing 5. Let Go of Fear 6. Experience the Blessings of a Surrendered Life If you're tired of following your feelings or being disappointed by unchanging circumstances, learn how to surrender like Jesus and experience God's power and peace in your life as never before. Other components for the Bible study, available separately, include a Participant Workbook and DVD.

Includes more than 10,000 holidays, holy days, national and ethnic celebrations, astronomical phenomena, festivals, fairs, anniversaries, and other events from around the world Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In How Big Is Your God? Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God.

If you're tired of chasing the latest diet fad only to find that you've gained weight, it's time to try an entirely different approach. The Daniel Fast for Weight Loss succeeds where other programs fail because it focuses on your relationship with God as well as on your relationship with food. Once you discover the pleasures of eating the food God has provided for optimum health, you will not want to turn back. The Daniel Fast for Weight Loss offers a strategic, biblically based plan backed by solid research that will eliminate your cravings and help you to drop those unwanted pounds once and for all. Susan Gregory, “The Daniel Fast Blogger” and bestselling author of The Daniel Fast, is back with a spiritual and practical roadmap to this wildly popular 21-day fast for anyone who wants to lose weight and develop a lifestyle of health in a way that honors God. Way beyond a diet plan, The Daniel Fast for Weight Loss includes more than 90 new recipes, multiple tips for successful fasting, a 21-day devotional, and practical guidance for maintaining weight loss and good eating habits even after you complete your Christ-centered fasting experience. Embark on a life-changing journey toward happiness and confidence about the body God designed for you.

This powerfully intimate, plain-spoken memoir about fathers and sons, fortitude, and football from the face and voice of college football—Kirk Herbstreit—is not just “a window into the game, but also a peek into what makes him special: his heart” (David Shaw, head coach, Stanford University). Kirk Herbstreit is a reflection of the sport he loves, a reflection of his football-crazed home state of Ohio, where he was a high school star and Ohio State captain, and a reflection of another Ohio State football captain thirty-two years earlier: his dad Jim, who battled Alzheimer's disease until his death in 2016. In Out of the Pocket, Herbstreit does what his father did for him: takes you inside the locker rooms, to the practice fields, to the meeting rooms, to the stadiums. Herbstreit describes how a combination of hard work, perseverance, and a little luck landed him on the set of ESPN's iconic College GameDay show, surrounded by tens of thousands of fans who treat their Saturdays like a football Mardi Gras. He takes you into the television production meetings, on to the GameDay set, and into the broadcast booth. You'll live his life during a football season, see the things he sees, experience every chaotic twist and turn as the year unfolds. Not to mention the relationships he's established and the insights he's learned from the likes of coaches and players such as Nick Saban, Tim Tebow, Dabo Swinney, and Peyton Manning, as well as his colleagues, including Chris Fowler, Rece Davis, and his “second dad,” the beloved Coach Lee Corso. Yes, Kirk Herbstreit is the undeniable face and voice of college football—but he's also a survivor. He's the quiet kid who withstood the collapse of his parents' marriage. The boy who endured too many overbearing stepdads and stepmoms. The painfully shy student who always chose the last desk in the last row of the classroom. The young man who persevered through a frustrating Ohio State playing career. The new college graduate who turned down a lucrative sales job after college to pursue a “no way you'll make it” dream career in broadcasting. Inspiring and powerful, Out of the Pocket “proves the importance of perseverance and family” (Peyton Manning).

Financial Peace and Freedom in 21 Days In The 21-Day Financial Fast, award-winning writer and The Washington Post columnist Michelle Singletary proposes a field-tested financial challenge. For twenty-one days, participants will put away their credit cards and buy only the barest essentials. With Michelle's guidance during this three-week financial fast, you will discover how to: Break bad spending habits Plot a course to become debt-free with the Debt Dash Plan Avoid the temptation of overspending for college Learn how to prepare elderly relatives and

yourself for future long-term care expenses Be prepared for any contingency with a Life Happens Fund Stop worrying about money and find the priceless power of financial peace As you discover practical ways to achieve financial freedom, you'll experience what it truly means to live a life of financial peace and prosperity. Thousands of individuals have participated in the fast and as a result have gotten out of debt and become better managers of their money and finances. The 21-Day Financial Fast is great for earners at any income-level or stage of life, whether you are living paycheck-to-paycheck or just trying to make smarter financial choices.

NATIONAL BESTSELLER • The #1 bestselling author of *On Fire* shows us how to recapture and harness our childlike sense of wonder in order to become more engaged, successful, and fulfilled. "Engaging . . . O'Leary encourages us to see the world through a child's eyes."—Mitch Albom, author of *Tuesdays with Morrie* There once was a time when we joyfully raised our hands to answer questions, connected easily with others, believed that anything was possible, and fearlessly jumped into new experiences. A time when we viewed each day not as something to endure, but as a marvelous gift to explore and savor—when we danced through our lives in awe of the ordinary moments and eager for the promise of tomorrow. Unfortunately, that's far from our experience today. Instead, we feel disconnected and jaded. Social media reminds us that we don't measure up, and the mainstream media barrages us with constant negativity. Many of us find ourselves caught in a life of dogged responsibility and mind-numbing repetition. The daily struggle to earn a living has caused us to lose the sense of wonder with which we once greeted every day. In his new book, bestselling author John O'Leary invites us to consider that it is possible to once again navigate the world as a child does. Identifying five senses children innately possess and that we've lost touch with as we age, O'Leary shares emotional, humorous, and inspirational stories intertwined with fascinating new research showing how each of us can reclaim our childlike joy, and why doing so will change how we interact with the world. *In Awe* reveals how we can regain that ability to see fresh insights, reach for new solutions, and live our best lives.

*Love, Coach* is an inspirational memoir of a lifetime dedicated to teaching, coaching, and spreading God's love on and off the court.

This e-book includes the full text of the book plus an exclusive additional chapter from Susan Gregory that is not found in the print edition! What if you could grow closer to God and improve your health in just 21 days? Susan Gregory, "The Daniel Fast Blogger," has a plan to help you do just that. Widely recognized as the expert on this 21-day fast inspired by the book of Daniel, Susan has helped thousands of people discover a safe and healthy way to fast. The principles you learn from *The Daniel Fast* will change the way you view food, your body, and your relationship with the one who created you. Includes 21 days' worth of Daniel Fast recipes!

Are you seeking meaning and fulfillment in your life? We all have an innate need to know and feel that our lives are significant. Take heart therefore because you are not alone. The challenge is that we live at an age where information and choices flood our sensory senses at a quantum speed. So, if your answer is yes, I wrote this book journal for you. I firmly believe that we are living at a very interesting time, when all of us are being challenged one way or another. Therefore, if you do not know who you are, why you are, where you are and when you are—escaping from the snare of this era will not only be difficult, but will likely leave you in a state of apathy, frustrations, confusion, or tossed to and from by the winds of likes and follow clicks on the social media sphere, and that is not your Creator's desire and will for you and I.

The New York Times bestselling author of *Chase the Lion* reveals seven powerful habits that can help you tackle God-sized goals by turning yesterday's regrets and tomorrow's anxieties into fuel for a better today. "This book will change the trajectory of your life."—John Maxwell, #1 New York Times bestselling author, entrepreneur, and leadership expert Too many people delay, downsize, or shrug off their dreams just because they don't know where to start, but playing it safe doesn't account for the massive cost of a life not fully lived. *Win the Day* is the jump-start you need to go after your goals, one day at a time. You'll discover how to: 1. Flip the Script: If you want to change your life, start by changing your story. 2. Kiss the Wave: The obstacle is not the enemy; the obstacle is the way. 3. Eat the Frog: If you want God to do the super, you've got to do the natural. 4. Fly the Kite: How you do anything is how you'll do everything. 5. Cut the Rope: Playing it safe is risky. 6. Wind the Clock: Time is measured in minutes; life is measured in moments. 7. Seed the Clouds: Sow today what you want to see tomorrow. As Batterson unpacks each of these daily habits, you'll see how simple it is to pursue them with focus and dedication—not someday down the road, but now. Transform your perspective of a single day and you'll discover the potential waiting to be grasped at the beginning of each new sunrise.

*Pray Hear Write*, a one-of-a-kind prayer guide and fasting journal, will help you overcome writer's block, feelings of inadequacy and self-doubt; cultivate heightened spiritual awareness about what to write, whom to write to, when to write it; and take action toward your dreams and stay encouraged throughout the writing and publishing journey.

After experiencing the betrayal of an extramarital emotional or physical affair, or the agony of a husband battling pornography, the journey to healing can be overwhelming and daunting. Some days may feel light and easy, while others may seem shrouded in a deep mist of confusion, sorrow, and anger. *Hills and Valleys: A Journey through Healing after an Affair*, a Bible study created by author Anna Huerta, is designed to teach you to walk the long, dusty road to healing with Jesus by your side and peace in your heart. It is a carefully constructed road map, inspired by the Psalmist, which takes the lonely and broken-hearted by the hand and walks you, one step at a time, through the scriptures to freedom and healing. It doesn't matter if you have only just learned of your husband's indiscretion or if you have been battling bitterness for years, *Hills and Valleys: A Journey through Healing after an Affair*, guides you to a grace-filled redemption as you learn to cry out to Jesus and seek his power to be transformed from the inside out.

The Daniel Plan 40 Days to a Healthier Life Zondervan

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