

DAY #1 CHALLENGE

Eat Like Jesus. “Mindfulness Monday”

 Jesus was “present” when eating.

Whatever you do [whatever your task may be], work from the soul [that is, put in your very best effort], as [something done] for the Lord and not for men — Colossians 3:23



The Challenge:

Eat today’s meals in total silence—no screens, phone, or reading.

(yes—full presence in the moment ... enjoy!)



The Fasting Bonus:

Food Option: No sugar or sweets.

Non-Food Option: Fast from secular music.

(yes—you can do this!)



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DAY #2 CHALLENGE

Eat Like Jesus. “Moderation Matters”

🎯 Jesus practiced self-control; He taught moderation over gluttony.

*Have you found
[pleasure sweet like] honey?
Eat only as much as you need,
Otherwise, being filled excessively, you vomit it.
—Proverbs 25:16
additional: Proverbs 23:20–21*



The Challenge:

Stop eating when you're about 80% full at each meal.

Practice gratitude for enough.

(tip: eat slower so the food has time to get to your tummy!)



The Fasting Bonus:

Food Option: Skip breakfast (sunrise fast).

Non-Food Option: Fast from complaining today.

(if you slip up—no worries, keep trying!)



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DAY #3 CHALLENGE

Eat Like Jesus. “Gratitude Before the Bite”

🎯 Jesus gave thanks before every meal.

And when He had taken bread and given thanks, He broke it and gave it to them, saying, “This is My body which is given for you; do this in remembrance of Me.”
—Luke 22:19

🙌 **The Challenge:**

Thank God out loud before every meal and thank Him for something or someone in your life that you are grateful for.

(yes—that includes snacktime!)

👊 **The Fasting Bonus:**

Food Option: Eat only fruits and vegetables.

Non-Food Option: Gratitude fast—worship instead of worry.

(when you worship and praise God—
there is no room for unhealthy and unproductive “worry”!)

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DAY #4 CHALLENGE

Eat Like Jesus. “Thirst for Living Water”

🎯 Our physical thirst is symbolic of a deeper spiritual need.

Jesus answered her ...whoever drinks the water that I give him will never be thirsty again. But the water that I give him will become in him a spring of water [satisfying his thirst for God] welling up [continually flowing, bubbling within him] to eternal life.”
—John 4:13–14

🙏 The Challenge:

Replace all drinks with water today and pray to quench your spiritual thirst.

(yes—that includes our coffee!)

👊 The Fasting Bonus:

Food Option: Water-only fast until noon.

Non-Food Option: No social media until sundown.

(this should be easy—not even a 24-hour fast!)

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DAY #5 CHALLENGE

Eat Like Jesus. “Bread of Life”

🎯 Jesus is the true source of satisfaction.

Jesus replied to them, “I am the Bread of Life. The one who comes to Me will never be hungry, and the one who believes in Me [as Savior] will never be thirsty [for that one will be sustained spiritually]. —John 6:35



The Challenge:

Eat only whole, natural foods. (no processed, no GMO)

(yes—this will stretch you for simplicity in food!)



The Fasting Bonus:

Food Option: Skip lunch and read John 6 slowly, aloud.

Non-Food Option: No TV or streaming (today).

(yes—you can do this!)

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DAY #6 CHALLENGE

Eat Like Jesus. “Healing Through Nourishment”

🎯 Jesus is the supreme healer.

He personally carried our sins in His body on the cross [willingly offering Himself on it, as on an altar of sacrifice], so that we might die to sin [becoming immune from the penalty and power of sin] and live for righteousness; for by His wounds you [who believe] have been healed. — 1 Peter 2:24



The Challenge:

Pray healing Scriptures over your food and body before your meals today.

(here's three to get you started ... 1 Peter 2:24, Matthew 8:16–17, Mark 5:34)



The Fasting Bonus:

Food Option: No food between meals.

Non-Food Option: Fast from texting – call or pray instead.

(take your communication back to “personal” or pray for the person you were about to text!)

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DAY #7 CHALLENGE

Eat Like Jesus. “Sunday’s Power Punch: Sowing and Reaping”

🎯 Jesus is the true vine, apart from Him we cannot thrive.

Now [remember] this: he who sows sparingly will also reap sparingly, and he who sows generously [that blessings may come to others] will also reap generously [and be blessed]. —2 Corinthians 9:6



The Challenge:

Read and reflect on the parable of The Sower during each meal today, and reflect on which soil (heart condition) you are currently.

(parable can be found in Matthew 13:3-9, 18-23)



The Fasting Bonus:

Take notes from the parable of the soil types and what each symbol represents. Then reflect on the questions for today.

What kind of “soil” is my heart today?

What weeds (distractions, lies, habits) need to be pulled?

What fruit do I want to bear by the end of this year? (Be specific.)

What daily practices can I commit to for 7 days to water my spiritual soil?

How am I sowing seed into someone else's life; if not currently, how “will” I?



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