

# DAY #8 CHALLENGE

## Eat Like Jesus. “Mercy Monday”

 **Jesus was merciful!**

*For I desire mercy and not sacrifice,  
And the knowledge of God more than burnt offerings. —Hosea 6:6*



**The Challenge:**

Be merciful to yourself and others in food struggles. Show compassion today—no self-shaming, no judging others’ food choices.

(tip: we’re all a work-in-progress!)

 **The Fasting Bonus:**

**Food Option:** Eat only meals prepared by yourself.

**Non-Food Option:** Fast from judgment. Bless everyone who irritates you today.

(ex. no fastfood. no restaurants.)

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## DAY #9 CHALLENGE

### Eat Like Jesus. “Testing Tuesday”

 Jesus used great discernment in all things.

*Test all things; hold fast what is good. — 1 Thessalonians 5:21*



#### The Challenge:

Discern the spiritual atmosphere at your table. Cleanse the atmosphere: play worship music, pray aloud, or silence conflict during meals.

(yes—this includes even if you’re eating alone!)



#### The Fasting Bonus:

**Food Option:** No second servings.

**Non-Food Option:** Fast from being in control—surrender plans to God.

(no—this doesn’t mean take a double portion size for the first serving.)



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## DAY #10 CHALLENGE

### Eat Like Jesus. “Organized and Orderly Wednesday”

 God is a God of order.

*But all things must be done appropriately and in an orderly manner. — 1 Corinthians 14:40*



#### The Challenge:

Eat in an ordered, consistent rhythm. Plan out all your meals and snacks for the day—then stick to it.

(try to avoid additional temptations outside of your pre-planned meals and snacks!)



#### The Fasting Bonus:

**Food Option:** Only plant-based foods grown from the earth (no animal products).

**Non-Food Option:** Fast from artificial lighting—use candles and natural light if possible.

(pretend you're practicing for a power grid down!)

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# DAY #11 CHALLENGE

## Eat Like Jesus. “Giving Thursday”

 **Jesus always provides.**

*So they all ate and were filled, and twelve baskets of the leftover fragments were taken up by them. —Luke 9:17*



**The Challenge:**

Trust God for more than enough (not just with your food). Give away or share food today instead of hoarding.

(yes—manna, soup kitchen volunteers, this counts for you!)



**The Fasting Bonus:**

**Food Option:** No food waste—put on your plate only what you’ll finish.

**Non-Food Option:** Fast from mental clutter—journal out your thoughts.

(tip: if you have constant reminders you’re stressing about—get them out of your mind and write them down!)



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## DAY #12 CHALLENGE

### Eat Like Jesus. “Friday’s Delight”

 Food is a gift from above!

*Oh, taste and see that the Lord is good;*

*Blessed is the man who trusts in Him! —Psalm 34:8*



**The Challenge:**

Enjoy food as a “gift” with no guilt. Eat one food slowly with full joy—no guilt allowed.

(mine may be fresh organic blueberries!)



**The Fasting Bonus:**

**Food Option:** Eat slowly—20 chews per bite.

**Non-Food Option:** Fast from giving your opinion unless asked.

(ouch! tip for the non-food option ... count 10 seconds before speaking)



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## DAY #13 CHALLENGE

### Eat Like Jesus. “Sowing Good Saturday”

🎯 Jesus sowed life into people everywhere He went. (ex. Jesus sowed truth through His teachings, He sowed love through compassion with healing the sick, delivering the oppressed, feeding the hungry, raising the dead, He sowed time and presence to people others overlooked, He called out the God-given identity and purpose in people, He sowed hope, faith, and courage, He sowed servanthood actions, He sowed eternal life by giving His own life for our sins)

*Do not be deceived, God is not mocked [He will not allow Himself to be ridiculed, nor treated with contempt nor allow His precepts to be scornfully set aside]; for whatever a man sows, this and this only is what he will reap. —Galatians 6:7*



#### **The Challenge:**

Be intentional with what you're planting into your life and others. The challenge today is to sow good into someone else's life.

(ex. a word of encouragement, share your testimony of salvation, ask if you can pray for someone)



#### **The Fasting Bonus:**

**Food Option:** No dairy products.

**Non-Food Option:** Fast from checking the news.

(the non-food option should help with anxiety, stress, and negativity!)



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## DAY #14 CHALLENGE

### Eat Like Jesus. “Sunday’s Power Punch: Day of Transformation”

🎯 We’re taught to renew our minds by focusing on godly values and ethical attitudes!

*And do not be conformed to this world [any longer with its superficial values and customs], but be transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you]. —Romans 12:2*



#### The Challenge:

Feed your spirit while feeding your body! Listen to scripture or worship music while you eat one meal today.

(tip: you can do this with headphones on if you’re at work!)



#### The Fasting Bonus:

Do this renewing of the mind exercise bonus called, “What does God say?”!

Write down one recurring negative thought you need to take captive to Christ. (ex. I am too old to ...)

What does God’s Word say that is opposite to that thought? (ex. Psalm 92:12-14 - But the godly will flourish like palm trees and grow strong like the cedars of Lebanon. For they are transplanted to the Lord’s own house. They flourish in the courts of our God. Even in old age they will still produce fruit; they will remain vital and green.)

Write down what God says on a piece of paper or index card that you can carry in your pocket or purse. Whenever that thought pops up ... renew your mind by meditating on what God says!



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