



Life Path Ministries & Services

*You have shown me the path of life
- Psalm 16:11*

10-Day Detox Diet

Based on Daniel 1:5-16

“Test us for ten days on a diet of vegetables and water. . .”
Daniel 1:12 (NLT)



10 DAYS OF FOCUS

Spend 10 days focused on 3 things



Focus on Your Faith

Your time with God & His Word

Devote both time and attention to your faith with prayer, meditation and devotion

Focus on Your Fuel

Your time planning & preparing meals

Determine what you will eat and drink as your fuel and how it benefits your health

Focus on Your Fitness

Your time engaged in physical activity

Dedicate time to physical activity and moving your body throughout the day



DECEMBER 14TH-24TH

Life Path Multimedia Ministries

You have shown me the path of life