

# 附錄

## I. 但以理計畫資源

### A. 五要素健康情形調查

由 1 到 5，請評估你現在但以理計畫五要素的狀態。我們鼓勵你在開始與結束時都做一次評估。

信心 Faith	很不滿意	不滿意	還好	滿意	很滿意
與神的關係	1	2	3	4	5
生命的意義與目標	1	2	3	4	5
靈命進程：禱告、敬拜、靈修	1	2	3	4	5
屬靈成長	1	2	3	4	5
對他人的付出	1	2	3	4	5
每列的總和及總分：_____					

食物 Food	從不	很少	有時候	經常	每天
每天吃 7 種以上的水果、蔬菜	1	2	3	4	5
每餐吃瘦的蛋白質	1	2	3	4	5
每天喝（體重/64）公升的水 例如：150 (lb) / 64 = 2.34 L	1	2	3	4	5
選擇吃健康的脂肪	1	2	3	4	5
吃健康並營養的早餐	1	2	3	4	5
每列的總和及總分：_____					

身材 Fitness (我覺得有關:)	很不滿意	不滿意	還好	滿意	很滿意
身體（外貌與體重）	1	2	3	4	5
心臟忍耐負荷力	1	2	3	4	5
我的力量	1	2	3	4	5
我的柔軟度	1	2	3	4	5
我的健康	1	2	3	4	5
每列的總和及總分：_____					

<b>專注 Focus</b>	很不滿意	不滿意	還好	滿意	很滿意
正面的心理態度	1	2	3	4	5
個人目標的成就	1	2	3	4	5
平安的心態	1	2	3	4	5
感激與感恩的心	1	2	3	4	5
面對錯誤與困難的能力	1	2	3	4	5
每列的總和及總分：_____					

<b>朋友 Friends</b>	很不滿意	不滿意	還好	滿意	很滿意
與配偶的關係	1	2	3	4	5
與其他家庭成員的關係	1	2	3	4	5
與朋友的關係	1	2	3	4	5
與同事或鄰居的關係	1	2	3	4	5
我的溝通能力	1	2	3	4	5
每列的總和及總分：_____					

## 調查結果

恭喜你！完成了但以理計畫五要素的調查之後，將每個要素的總分寫在下表「我的分數」一列中。然後閱讀以下的幾頁以明白這些分數的意義，並學習如何改變並有進展。

<b>第 1 天</b>		<b>第 40 天</b>	
<b>我的分數</b>		<b>我的分數</b>	
<b>信心 Faith</b>		<b>信心 Faith</b>	
<b>食物 Food</b>		<b>食物 Food</b>	
<b>身材 Focus</b>		<b>身材 Focus</b>	
<b>專注 Focus</b>		<b>專注 Focus</b>	
<b>朋友 Friends</b>		<b>朋友 Friends</b>	

20-25：太棒了！當你在但以理計畫任何一要素的得分是介於 20-25 之間，你的回答表示你明白這方面對你個人全人發展的重要性，並且已經有個健康的習慣。

15-20：當你在但以理計畫任何一要素的得分是介於 15-20，你的健康與全人發展進行的不錯，然而也有一些改進的空間。從那些你不滿意的項目開始，然後研讀但以理計畫中的複習要點與策略與這本小組手冊，在 40 天之後你會發現有進步。

10-15：當你在但以理計畫任何一要素的得分是介於 10-15，這就是你開始集中火力並且設定特定目標的最適合的要素。

10 及以下：當你在但以理計畫任何一要素的得分 10 及以下，該是你真正注意並改變的時候了。確認那些只得 1 或 2 分的項目，按著你的願望從這些部分開始改進。我們也建議你來研讀這附錄中其他有關如何進展的方式，使你踏上開始改進的步伐。

為了幫助你集中注意力。請在下列要素中選擇你最想要改進或改變的方面(只選一項)：

- ☐ 信心 Faith
- ☐ 食物 Food
- ☐ 身材 Fitness
- ☐ 專注 Focus
- ☐ 朋友 Friends

從下列的敘述中選擇一項最能描寫你已經準備好改進上述要素的生活方式：

- ☐ 我目前對這方面的改變沒有興趣
- ☐ 我在思考下幾個月中來改變這方面
- ☐ 我計畫在接下來的 40 天中在這方面努力
- ☐ 我現在就準備好來改變這方面
- ☐ 我已經在過去的半年中積極的改進這方面

## B. 但以理計畫餐盤

但以理計畫的原則很簡單：

- ☐ 50%沒有澱粉的蔬菜
- ☐ 25%動物或植物蛋白質
- ☐ 25%健康的澱粉類或是全穀類
- ☐ 低的升糖 (low-glycemic) 的水果
- ☐ 水或是低咖啡因的檸檬花茶 (herbal tea with lemon)

這裡有一些建議：

沒有澱粉的蔬菜	蛋白質	澱粉類或是全穀類	低糖的水果
蘆筍	豆類	甜菜根 beets	蘋果
青椒	牛肉	糙米或黑米	黑莓 blackberry
綠花椰菜	雞	胡蘿蔔	藍莓 blueberry
白花椰菜	蛋	蕎麥 buckwheat	枸杞 goji berry
Collard Greens	大比目魚 Halibut	豌豆	葡萄柚
小黃瓜	扁豆 Lentils	玉米	李子
四季豆	堅果類	Quinoa	奇異果
Kale	鮭魚 Salmon	蕃薯	油桃
菠菜	種子	白蘿蔔	桃子
Zucchini	火雞	冬瓜	覆盆子 raspberry

### C. 如何拒絕你不良的食慾的十個要點（以後有空再翻譯）

**1. Avoid your triggers:** The reality is that you crave what you eat, so as you make healthier choices, your old cravings will weaken. Certain situations can sabotage your weight loss efforts. For example, going to the movies can ignite your brain's emotional memory centers and make you feel like you need an extra-large tub of popcorn. Identify the people, places, and things that trigger your cravings and plan ahead to avoid making an unhealthy choice. For example, take a healthy snack to the movies so you are not tempted to buy popcorn. This will save you money too!

**2. Balance your blood sugar:** Research studies indicate that low blood sugar levels are associated with lower overall blood flow to the brain, which can jeopardize your ability to make good decisions. To keep your blood sugar stable, eat a nutritious breakfast with protein, such as eggs, a protein shake, or nut butters. Plan to eat smaller, more frequent meals throughout the day. Also, avoid eating two or three hours before bedtime.

**3. Eliminate sugar, artificial sweeteners, and refined carbs:** It's best to go cold turkey. Eliminate refined sugars, sodas, fruit juices, and artificial sweeteners from your diet, as these can trigger cravings. Many doctors believe that sugar is the primary cause of obesity, high blood pressure, heart disease, and diabetes. The latest statistics reveal that the average American consumes 130 pounds of sugar a year!

**4. Eat SLOW carb, not LOW carb:** eat carbohydrates that don't spike your blood sugar. Choose high fiber carbs that keep you fuller longer and help reduce your sugar cravings. You can increase your fiber intake by eating vegetables, fruits, beans, and whole grains. Fiber will assist weight loss because it fills up your stomach and helps you moderate your portions. Carbohydrates are essential to good health and not the enemy. Bad carbohydrates such as simple sugars and refined products are the ones to avoid.

**5. Drink more water:** Sometimes hunger is disguised as dehydration. When you are dehydrated, your body will increase your hunger level in an attempt to get more water to rehydrate. Try drinking a glass of water before your meals to make you feel fuller and thus moderate your food intake.

**6. Make protein 25% of your diet:** Protein fills you up and keeps you satisfied longer. It also regulates your blood sugar and makes your body release appetite-suppressing hormones.

**7. Manage your stress:** Stress triggers hormones that activate cravings. Chronic stress has been associated with obesity, addiction, anxiety, depression, Alzheimer's disease, heart disease, and cancer. Adopt a daily stress management program that includes deep breathing exercises, prayers, and other relaxation techniques.

**8. Follow the 90/10 Rule:** Give yourself a break. Make great food choices 90% of the time, and allow yourself margin to enjoy some of your favorite foods on occasion. This way you won't feel deprived, and you will avoid bingeing on something you'll regret later.

**9. Get moving:** Research shows that physical activity can curb cravings. Plan out your exercise for the week and schedule it on your calendar. Make the commitment to yourself just like any other important meeting or appointment.

**10. Get seven to eight hours of sleep a night:** Sleep deprivation can increase cravings. Check out our tips for healthy sleep habits on <http://www.danielplan.com/healthyhabits/sleepsolution/>.

「這是真實的，你吃喝什麼會決定你生病或是健康，胖或瘦，疲憊不堪或是充滿活力。」 — Hyman 醫生

## II. 小組資源

### A. 小組指導原則 Group Guidelines

我們的價值觀	
小組的出席	小組的出席為較前面的優先。先打電話或聯絡如果我們會遲到。
安全的環境	提供一個安全的環境，使大家有被聽到及被愛的感覺。
尊敬不同意見	對大家不同的屬靈成熟度、個人意見、性格，都會以溫柔與仁慈的心對待。記得我們沒有一個人是完全的。
保密性	在小組中分享的一切都不要拿到外面傳講。
鼓勵成長	我們願意使用 神給我們的恩賜來服事眾人，使我們屬靈上擴展生命的影響。
輪流到不同的家庭與小組長	鼓勵不同的人開放他們的家，可以大家輪流每週在不同的家中舉行小組，並練習做小組長。

- ✧ 用餐或是查點的時間：\_\_\_\_\_
- ✧ 幼兒看顧 \_\_\_\_\_
- ✧ 小組的時間 (哪一天)：\_\_\_\_\_
- ✧ 在哪裡：\_\_\_\_\_
- ✧ 開始時間 \_\_\_\_\_ 結束時間 \_\_\_\_\_ (90 分鐘左右)
- ✧ 我們願意盡力大家一起參加主日崇拜
- ✧ 主日崇拜的時間是 \_\_\_\_\_

### B. Frequently Asked Questions (以後有空再翻譯)

### C. Reading Plan for The Daniel Plan: 40 Days to a Healthier Life

Week 1: 1, 2, 3

Week 2: 4, 10

Week 3: 5, 9, 40-Day Fitness Challenge

Week 4: 6

Week 5: 7

Week 6: 8

## D. 小組名單 Group Roster

姓名	地址	電話	電郵

## E. Leadership Training 101 (以後有空再翻譯)

**Congratulations!** You have responded to the call to help shepherd Jesus' flock. There are few other tasks in the family of God that surpass the contribution you will be making. As you prepare to lead, whether it is one session or the entire series, here are a few thoughts to keep in mind. We encourage you to read these and review them with each new discussion leader before he or she leads.

**1. Remember that you are not alone.** God knows everything about you, and He knew that you would be asked to lead your group. Remember that it is common for all good leaders to feel that they are not ready to lead. Moses, Solomon, Jeremiah, and Timothy – they were all reluctant to lead. God promises, “Never will I leave you; never will I forsake you.” (Hebrew 13:5) Whether you are leading for one evening, for several weeks, or for a lifetime, you will be blessed as you serve.

**2. Don't try to do it alone.** Pray right now for God to help you build a healthy leadership team. If you can enlist a co-leader to help you lead the group, you will find your experience to be much richer. This is your chance to involve as many people as you can in building a

healthy group. All you have to do is call and ask people to help; you'll be surprised at the response.

**3. Just be yourself.** If you won't be you, who will? God wants you to use your unique gifts and temperament. Don't try to do things exactly like another leader; do them in a way that fits you! Just admit it when you don't have an answer, and apologize when you make a mistake. Your group will love you for it, and you'll sleep better at night!

**4. Prepare for your meeting ahead of time.** Review the session, and write down your responses to each question. Pay special attention to exercises that ask group members to do something other than engage in discussion. These exercises will help your group live what the Bible teaches, not just talk about it. Be sure you understand how an exercise works, and bring any necessary supplies (such as paper and pens) to your meeting. If the exercise employs one of the resources in the appendix, be sure to look it over ahead of time so you'll know how it works.

**5. Pray for your group members by name.** Before you begin your session, go around the room in your mind and pray for each member by name. You may want to review the prayer list at least once a week. Ask God to use your time together to touch the heart of every person uniquely. Expect God to lead you to whomever He wants you to encourage or challenge in a special way.

**6. When you ask a question, be patient.** Someone will eventually respond. Sometimes people need a moment or two of silence to think about the question, and if silence doesn't bother you, it won't bother anyone else. After someone responds, affirm the response with simple "thanks" or "good job." Then ask, "How about somebody else?" or "Would someone who hasn't shared like to add anything?" Be sensitive to new people or reluctant members who aren't ready to participate yet. If you give them a safe setting, they will open up over time.

**7. Provide transitions between questions.** When guiding the discussion, always read aloud the transitional paragraphs and the questions. Ask the group if anyone would like to read the paragraph or Bible passage. Don't call on anyone, but ask for a volunteer, and then be patient until someone begins. Be sure to thank the person who reads aloud.

**8. Break up into small groups each week, or they won't stay.** If your group has more than 7 people, we strongly encourage you to have the group gather sometimes in discussion circles of 3 or 4 people during the GROWING TOGETHER section of the study. With a



greater opportunity to talk in a small circle, people will connect more with the study, apply more quickly what they are learning, and ultimately get more out of it. A small circle also encourages a quiet person to participate and tends to minimize the effects of a more vocal or dominant member. It can also help people feel more loved in your group. When you gather again at the end of the section, you can have one person summarize the highlights from each circle.

**Small circles are also helpful during prayer time.** People who are not accustomed to praying aloud will feel more comfortable trying it with just 2 or 3 others. Also, prayer requests won't take as much time, so circles will have more time to actually pray. When you gather back with the whole group, you can have one person from each circle briefly update everyone on the prayer requests.

**9. Rotate facilitators weekly.** At the end of each meeting, ask the group who should lead the following week. Let the group help select your weekly facilitator. You may be perfectly capable of leading each time, but you will help others grow in their faith and gifts if you give them opportunities to lead.

**10. One final challenge (for new or first-time leaders):** Before your first opportunity to lead, look up each of the 5 passages listed below. Read each one as a devotional exercise to help equip you with a shepherd's heart. If you do this, you will be more than ready for your first meeting.

馬太福音 9:36 彼得前書 5:2-4 詩篇 23 以西結書 34:11-16 帖撒羅尼迦前書 2:7-8, 11-12
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## F. 答案

### Session 1 – Faith

1. broken
2. walking, acceptance, Spirit of God, faith, good, succeed, love
3. Faith
4. perfect
5. service

### Session 2 – Food

1. overweight

2. body
3. caretaker
4. energy, instructions
5. labels
6. brain, protein, regular, liquid-sugar
7. quality

### **Session 3 – Fitness**

1. purity, sanctify
2. physically
3. protect
4. motivation
5. worship, stewardship
6. do
7. emotion

### **Session 4 – Focus**

1. plan
2. distractions
3. choice
4. deadline
5. behavior
6. true
7. feel

### **Session 5 – Friends**

1. thrive
2. God, neighbor
3. listen, learn, level, liberate
4. moral
5. grace-filled
6. get it

### **Session 6 – Living the lifestyle**

1. distractions
2. reason, reward
3. renew
4. resist
5. rely
6. abundance
7. step
8. process