



DIVINE HEALTH

BY BREAKING FREE OF
WEIGHT AND EATING BONDAGE
MINISTRY EVENT PROPOSAL



Presented by

Jendayi Harris, MA, NCC

Lifting the Bondage Off the People

Next Level Therapy

**Equipping Believers with Spiritual &
Psychological Wisdom**

DIVINE HEALTH

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WHY WE NEED DIVINE HEALTH

America and the Church is on a highway to disease and obesity! Divine Health is comprehensive program to help the condition spiritually and psychologically.

Nearly one-half of the American population will be obese by 2030 according to a 2012 study published in the American Journal of Preventive Medicine. The researchers estimate that this will result in an additional \$66 billion dollars in health care expenditures, 7.8 million new cases of diabetes, 6.8 million new cases of stroke and heart disease, and 539,000 new cancer diagnoses.

A 2006 Purdue study found that the fundamental Christians are by far the heaviest of all religious groups led by the Baptists with a 30% obesity rate compared with Jews at 1%, Buddhists and Hindus at 0.7%.

Similarly, a **2011 Northwestern University study tracking 3,433 men and women for 18 years found that young adults who attend church or a bible study once a week are 50% more likely to be obese.**

DIVINE HEALTH TESTIMONIAL

“EXCEPTIONAL!” Life

Groups Counseling Center Leadership at The Potter's House Denver

The Pawtucket Heart Health Program found that people who attended church were more likely than non-church members to be 20 percent overweight and have higher cholesterol and blood pressure numbers.

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PROGRAM OVERVIEW

Many believers are struggling mentally and emotionally with food and weight causing a host of diseases like diabetes type 2, hypertension, and cholesterol issues. In the Church we certainly know how to eat and fellowship with this secret issue stealing our mind and self esteem! God does not care how much we weigh, but He certainly cares about our strongholds. Anywhere that we are subject to obsession even on food or weight is a place that needs healing.

The Standard American Diet IS an eating disorder according to God. The body is a temple of the living God and we must learn about how to break the bondage of weight and eating. Our relationship with food and our body is a part of our spiritual path! God is using it to set you free from fear, and increase your ability to give and receive real love over false comforts. Body criticisms no matter what you weigh, are a part of worshipping the body and not worshipping God as Creator. The body is the only home you will live in your entire life!

This presentation will absolutely change your life and propel your congregation to a greater sense of purpose in the Kingdom and Holiness.

The only way to heal is with God! Let's invite Him into this journey of profound freedom through Divine Health by breaking free of weight and eating bondage!

- In Love, *Jendayi*

DIVINE HEALTH TESTIMONIAL
"Divine Health is a REVELATION! It was an eye opener. I had a love and hate relationship with food. I changed my eating when I read the book, The Truth about Beauty but it didn't affect me spiritually. I do have some soul issues that do affect my eating habits! I loved Jendayi's correlation to scripture and life applications!" - SG, age 49

1 Thessalonians 5:23 – Now may the God of peace Himself **sanctify you completely and may your whole spirit, soul and body be preserved blameless at the coming of our Lord Jesus Christ.**

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MORE TESTIMONIALS

“Great event! I enjoyed the speaker and her testimony.” Anonymous, age 53

“This was GREAT! I found it very interesting. I have already lost 50 lbs but am having difficulty losing the last 10 lbs. My attitude has been, I've already lost 50 do I really need to bother with another 10? Yes! **This program inspired me to go for the last 10 and get away from the SAD eating lifestyle.**” Anonymous, age 54

‘INSIGHTFUL! The whole thing was enjoyable! I learned how to feed on God’s word! I found that I do have a eating disorder I should have more soul food, God and prayer.” KM, age 37

PRESENTATION

NEEDS

Multimedia presentation would need access to screen, projector, and microphone for large groups. Will send handouts prior to workshop to be printed for participants and handed out by on staff volunteers of your organization.

DIVINE HEALTH TESTIMONIAL

“Power packed! I enjoyed Jendayi and her presentation! What a delight to hear her speak and I love the statistics that go along with it. “

DS , age 67

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PROGRAM AGENDA TOPICS

Suggested 3 Hour Workshop Format (With Breaks and Participation)

9:00 – 9:30 | Introduction

- Divine Health
- Cultivating Desire
- Jendayi's Story

9:30 – 10:00 | Bondage

- Body, Soul and Spirit
- Psychology of Weight and Eating
- Coming out of Bondage

10:00 – 11:30 | Breaking Free

- Breaking Sugar Addiction
- Discerning the Dieting Mindset
- Getting Help for Eating Disorders
- Emotional Fitness for Emotional Eating Freedom
- Eating Clean(ER)
- Closing Spiritual Doors

11:30 – 12:00 | Refresh of Simple Solutions

- Meal Planning – Being Intentional
- Mindfulness
- H2O Hydration
- Add Vegetables
- Substitutions
- Fasting & Prayer

DIVINE HEALTH TESTIMONIAL

“Inspiring and introspective! Not to be judgmental about others and to search myself for eating behaviors overrating as well as under eating.” - SH, age 61

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BIOGRAPHY

Jendayi, meaning give thanks, was fatherless in three different capacities by the time she was 12 years old. This caused tremendous voids and dysfunctions in her life. She desperately sought the Lord with a diligent heart to overcome and clear the deep soul wounds of the past. On her journey she has witnessed the incredible power of God! Jendayi can give testimony after testimony of God's healing powers of deep soulical (behavioral, emotional and

mental) wounds. Through years of pressing toward the prize, she is now ready and willing to share her insights and techniques to achieve a happier, healthier, and WHOLE balanced life in Christ! To God be the Glory!

Jendayi got serious in her walk with God when getting born again as an adult at Living Faith Christian Center in Pennsauken, NJ. Jendayi Harris is a minister at the Healing Center Ministries under the anointed authority of Pastors' Dexter and Debbie Nash, has participated as a facilitator in A Woman's Worth Ministries as well as in her therapy practice Next Level Therapy. She has a business background, a graduate of Seton Hall University's school of business and worked in Corporate America for the past 15 years. Jendayi witnessed several healings and mental changes through her work as Counseling intern as a Counselor at The Potter's House Denver has attained her Masters degree in Counseling Psychology at Colorado Christian University. Jendayi is the owner of a quickly expanding psychotherapy ministry called Next Level Therapy. She resides in Denver Tech Center and studied under Rabbi Ralph Messer of Simchat Torah Beit Midrash focusing on Hebrew roots of the Christian faith and Pastor J. Tayo Obigbesen of Christ Liberty Restoration Ministries which focuses on spiritual warfare. She now attends The Potter's House in Denver under the leadership of Pastors Chris and Joy Hill. Equipped with a relatable message and tools for healing and overcoming generational stronghold! Jendayi aspires to let everyone know about the Power of Father God, through the Word of her testimony of Jesus Christ!

DIVINE HEALTH TESTIMONIAL

“Profound! I didn't know that there was a name or real reasons for my sometimes unhealthy eating habits and body view. Awareness is a powerful tool, thank you for sharing your knowledge!”

- JB, age 32