

Twice Born Ministry

TBM-HP-102: 30-Day Meal Plans & Practical Implementation

Course Code: TBM-HP-102

Credit Hours: 2

King James Version (KJV) — Sola Scriptura Curriculum

Generated 2026-06-30

Course Description

TBM-HP-102: 30-Day Meal Plans & Practical Implementation

Course Description

HP Ch 5-12; recipes; troubleshooting

This Wellness Track course applies the Healing Protocol — nutrient-dense ketogenic nutrition integrated with biblical stewardship of the body (1 Corinthians 6:19-20).

Primary source book: Healing Protocol

This course is part of **Layer 3 — TBM Book Track** in the Twice Born Ministry Bible School catalog.

Course Details

Learning Outcomes

Upon completion, students will be able to:

- Summarize the source book's argument structure for this course segment.
- Defend course themes with KJV scripture using literal-grammatical-historical method.
- Distinguish biblical Christianity from the worldviews or practices examined.
- Apply lessons in witness practice, research, or stewardship as assigned.
- Complete module quizzes, assignments, and final exam at 70% or higher.

Module Structure

Each lesson (8–10 modules) maps to book chapters or thematic sections. Lessons include exposition, evidence notes, witness application, discussion prompts, and aligned quizzes.

Assessment Overview

- **Module quizzes:** JSON with embedded answer keys (70% pass).
- **Assignments:** Witness practice, research papers (apologetics), or practical plans (wellness/stewardship).
- **Group projects:** Debate teams and outreach planning where noted.

- • **Final exam:** Comprehensive written assessment.
- • **Video scripts:** 3–5 production-ready scripts including soul-winning demos for apologetics tracks.

Christian Guardrails

- • King James Bible as citation standard.
- • Oppose false doctrine; love people (Jude 22-23).
- • Source books inform structure; Scripture judges all claims.
- • Academic integrity required; AI assists study, not original witness logs.

Instructor Notes

Professor Shepherd AI: [tb_ai_instructor course_code="TBM-HP-102"]

Twice Born Ministry Bible School — Layer 3 TBM Book Track

Course Modules

TBM-HP-102 — Lesson 1: 30-Day Meal Plan Overview

Introduction

Welcome to Lesson 1 of **30-Day Meal Plans & Practical Implementation**. This session covers **30-Day Meal Plan Overview**,

drawn from the structure of *Healing Protocol* in the **Wellness Track** track. Complete BS-FND-100 before

advanced TBM courses; AP-501 is recommended for apologetics-heavy tracks.

Twice Born Ministry book-track courses teach *from* published manuscripts — organizing chapter themes into college-level lessons without replacing the books. Purchase or borrow the source volume for full citations, charts, and extended case studies referenced in class.

Pray for wisdom and love before studying contested topics. We contend for souls, not scoring debate points (Jude 3; 1 Peter 3:15).

Book Structure and Teaching Aim

30-Day Meal Plan Overview advances the source book's cumulative case. Students should identify:

(1) the claim being tested, (2) the evidence standard applied, (3) the scripture anchor, and (4) the witness or stewardship application.

Chapter themes from source material:

- • Weekly Structure
- • Sample Week 1 Calendar
- • Portion Guide (Visual)
- • Fig. 1 — Healing Protocol Plate

Concept summary (paraphrase): Weekly Structure Each week follows: 5 structured protocol days + 1 flex day + 1 prep day. | Day Type | Purpose | |-----|-----| | Protocol | Follow recipes in Chapters 6–9 | | Flex | Leftover migration / eating-out guide | | Prep | Cook proteins and chop vegetables for the week | Sample Week 1 Calendar | Day | Breakfast | Lunch | Dinner | |-----|-----|-----|-----| | Mon | Scramble + spinach | Chicken salad bowl | Salmon + asparagus | | Tue | Chia pudding (low carb) | Turkey lettuce wraps | Beef stir-fry + cauli rice | | Wed | Greek yogurt (unsweetened) + nuts | Tuna

avocado plate | Pork chops + green beans |...

Do not treat lesson summaries as a substitute for reading assigned book sections. Use this module to organize notes, prepare quizzes, and rehearse gospel conversations.

Scripture Exposition

Anchor **30-Day Meal Plan Overview** in the Word. Assigned references:

- **Isaiah 8:20** — read in context; note who speaks, to whom, and why.
- • **Acts 17:11** — read in context; note who speaks, to whom, and why.
- • **2 Timothy 3:16-17** — read in context; note who speaks, to whom, and why.

Exegesis steps: (1) Read the full paragraph. (2) Define key terms biblically. (3) Compare with clearer passages. (4) Apply to the worldview or practice under examination.

Evidence and Application

30-Day Meal Plan Overview integrates metabolic science with biblical stewardship. Document personal

baseline metrics (with physician approval where needed). Track meals, energy, and spiritual disciplines in the assignment log. Science describes mechanism; Scripture assigns meaning — your body is a temple of the Holy Spirit (1 Corinthians 6:19-20).

Common Objections and Pastoral Responses

When teaching **30-Day Meal Plan Overview**, expect pushback:

- • **"You're attacking my family tradition."** — Affirm love; distinguish people from unbiblical doctrines.
- • **"All religions are the same."** — Ask which religion accounts for sin, the cross, and the empty tomb with evidence.
- • **"That's your interpretation."** — Point to plain reading in context; invite joint Bible study.
- • **"Christians are hypocrites."** — Agree sinners fail; Christ does not. Return to the gospel.

Draft a 150-word charitable response to one objection for your quiz preparation journal.

Practical Implementation

30-Day Meal Plan Overview requires action:

- • Complete the weekly checklist in your assignment folder.
- • Share progress with an accountability partner.
- • Connect physical or financial stewardship to worship — not anxiety or greed.
- • Journal one prayer of gratitude for God's provision.

Discussion Questions

How does **30-Day Meal Plan Overview** fit the source book's overall argument?

Which scripture was most decisive for you? Why?

Where might Christians misapply this material with pride or cruelty?

How would you teach this lesson to a high school homeschool cohort?

What gospel element (sin, cross, faith, response) must not be omitted in witness?

Summary and Next Steps

Lesson 1 organized *Healing Protocol* material on **30-Day Meal Plan Overview**. Complete the module quiz (70% to advance), update your witness or stewardship journal, and preview the next lesson's reading assignment.

Soli Deo gloria.

Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

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Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

Ministry Case Study

Imagine a congregant confused about this lesson's topic after watching online teaching that contradicts historic evangelical doctrine. Draft a pastoral response email that (1) expresses empathy, (2) clarifies biblical teaching with two references, (3) invites in-person conversation, and (4) avoids condescension. Pastoral communication is part of theological training, not an optional soft skill.

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

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TBM-HP-102 — Lesson 2: Week 1 Recipes — Foundation Phase

Introduction

Welcome to Lesson 2 of **30-Day Meal Plans & Practical Implementation**. This session covers **Week 1 Recipes — Foundation Phase**,

drawn from the structure of *Healing Protocol* in the **Wellness Track** track. Complete BS-FND-100 before

advanced TBM courses; AP-501 is recommended for apologetics-heavy tracks.

Twice Born Ministry book-track courses teach *from* published manuscripts — organizing chapter themes into college-level lessons without replacing the books. Purchase or borrow the source volume for full citations, charts, and extended case studies referenced in class.

Pray for wisdom and love before studying contested topics. We contend for souls, not scoring debate points (Jude 3; 1 Peter 3:15).

Book Structure and Teaching Aim

Week 1 Recipes — Foundation Phase advances the source book's cumulative case. Students should identify:

- (1) the claim being tested, (2) the evidence standard applied, (3) the scripture anchor, and
- (4) the witness or stewardship application.

Chapter themes from source material:

- • Breakfast: Healing Greens Scramble
- • Lunch: Lemon Herb Chicken Bowl
- • Dinner: Garlic Butter Salmon & Asparagus
- • Additional Week 1 Meals (Summary Table)

Concept summary (paraphrase): Breakfast: Healing Greens Scramble Time: 10 min | Net carbs: ~4 g
Ingredients: 3 eggs, 1 cup spinach, 1 tbsp butter, 2 tbsp feta, salt, pepper. Steps: Sauté spinach in butter 1 min. Add beaten eggs; scramble. Top with feta. Lunch: Lemon Herb Chicken Bowl Time: 20 min | Net carbs: ~6 g
Ingredients: 5 oz grilled chicken, 2 cups mixed greens, ½ avocado, olive oil, lemon, cucumber. Steps: Slice chicken; assemble bowl; dress with oil and lemon. Dinner: Garlic Butter Salmon & Asparagus Time: 18 min | Net carbs: ~5 g
Ingredients: 6 oz salmon, 8 asparagus spears, 2 tbsp butter, garlic, parsley. Steps: Roast salmon at 400°F for 12 min. Sauté asparagus in garlic butter.

Additional Week 1...

Do not treat lesson summaries as a substitute for reading assigned book sections. Use this module to organize notes, prepare quizzes, and rehearse gospel conversations.

Scripture Exposition

Anchor **Week 1 Recipes — Foundation Phase** in the Word. Assigned references:

- **Isaiah 8:20** — read in context; note who speaks, to whom, and why.
- • **Acts 17:11** — read in context; note who speaks, to whom, and why.
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Exegesis steps: (1) Read the full paragraph. (2) Define key terms biblically. (3) Compare with clearer passages. (4) Apply to the worldview or practice under examination.

Evidence and Application

Week 1 Recipes — Foundation Phase integrates metabolic science with biblical stewardship. Document personal

baseline metrics (with physician approval where needed). Track meals, energy, and spiritual disciplines in the assignment log. Science describes mechanism; Scripture assigns meaning — your body is a temple of the Holy Spirit (1 Corinthians 6:19-20).

Common Objections and Pastoral Responses

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- • Complete the weekly checklist in your assignment folder.
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Discussion Questions

How does **Week 1 Recipes — Foundation Phase** fit the source book's overall argument?

Which scripture was most decisive for you? Why?

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How would you teach this lesson to a high school homeschool cohort?

What gospel element (sin, cross, faith, response) must not be omitted in witness?

Summary and Next Steps

Lesson 2 organized *Healing Protocol* material on **Week 1 Recipes — Foundation Phase**. Complete the module

quiz (70% to advance), update your witness or stewardship journal, and preview the next lesson's reading assignment.

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Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

Supplemental Reading and Reflection

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TBM-HP-102 — Lesson 3: Week 2 Recipes — Adaptation Phase

Introduction

Welcome to Lesson 3 of **30-Day Meal Plans & Practical Implementation**. This session covers **Week 2 Recipes — Adaptation Phase**,

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advanced TBM courses; AP-501 is recommended for apologetics-heavy tracks.

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Book Structure and Teaching Aim

Week 2 Recipes — Adaptation Phase advances the source book's cumulative case. Students should identify:

- (1) the claim being tested, (2) the evidence standard applied, (3) the scripture anchor, and
- (4) the witness or stewardship application.

Chapter themes from source material:

- • Breakfast: Healing Greens Scramble
- • Lunch: Lemon Herb Chicken Bowl
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- • Additional Week 1 Meals (Summary Table)

Concept summary (paraphrase): Breakfast: Healing Greens Scramble Time: 10 min | Net carbs: ~4 g Ingredients: 3 eggs, 1 cup spinach, 1 tbsp butter, 2 tbsp feta, salt, pepper. Steps: Sauté spinach in butter 1 min. Add beaten eggs; scramble. Top with feta. Lunch: Lemon Herb Chicken Bowl Time: 20 min | Net carbs: ~6 g Ingredients: 5 oz grilled chicken, 2 cups mixed greens, ½ avocado, olive oil, lemon, cucumber. Steps: Slice chicken; assemble bowl; dress with oil and lemon. Dinner: Garlic Butter Salmon & Asparagus Time: 18 min | Net carbs: ~5 g Ingredients: 6 oz salmon, 8 asparagus spears, 2 tbsp butter, garlic, parsley. Steps: Roast salmon at 400°F for 12 min. Sauté asparagus in garlic butter.

Additional Week 1...

Do not treat lesson summaries as a substitute for reading assigned book sections. Use this module to organize notes, prepare quizzes, and rehearse gospel conversations.

Scripture Exposition

Anchor **Week 2 Recipes — Adaptation Phase** in the Word. Assigned references:

- **Isaiah 8:20** — read in context; note who speaks, to whom, and why.
- **Acts 17:11** — read in context; note who speaks, to whom, and why.
- **2 Timothy 3:16-17** — read in context; note who speaks, to whom, and why.

Exegesis steps: (1) Read the full paragraph. (2) Define key terms biblically. (3) Compare with clearer passages. (4) Apply to the worldview or practice under examination.

Evidence and Application

Week 2 Recipes — Adaptation Phase integrates metabolic science with biblical stewardship. Document personal

baseline metrics (with physician approval where needed). Track meals, energy, and spiritual disciplines in the assignment log. Science describes mechanism; Scripture assigns meaning — your body is a temple of the Holy Spirit (1 Corinthians 6:19-20).

Common Objections and Pastoral Responses

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- **"You're attacking my family tradition."** — Affirm love; distinguish people from unbiblical doctrines.
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Practical Implementation

Week 2 Recipes — Adaptation Phase requires action:

- Complete the weekly checklist in your assignment folder.
- Share progress with an accountability partner.
- Connect physical or financial stewardship to worship — not anxiety or greed.
- Journal one prayer of gratitude for God's provision.

Discussion Questions

How does **Week 2 Recipes — Adaptation Phase** fit the source book's overall argument?

Which scripture was most decisive for you? Why?

Where might Christians misapply this material with pride or cruelty?

How would you teach this lesson to a high school homeschool cohort?

What gospel element (sin, cross, faith, response) must not be omitted in witness?

Summary and Next Steps

Lesson 3 organized *Healing Protocol* material on **Week 2 Recipes — Adaptation Phase**. Complete the module

quiz (70% to advance), update your witness or stewardship journal, and preview the next lesson's reading assignment.

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Ministry Case Study

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Supplemental Reading and Reflection

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Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

Historical Figure Spotlight

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Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

Ministry Case Study

Imagine a congregant confused about this lesson's topic after watching online teaching that contradicts historic evangelical doctrine. Draft a pastoral response email that (1) expresses empathy, (2) clarifies biblical teaching with two references, (3) invites in-person conversation, and (4) avoids condescension. Pastoral communication is part of theological training, not an optional soft skill.

Ministry Case Study

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Ministry Case Study

Imagine a congregant confused about this lesson's topic after watching online teaching that contradicts historic evangelical doctrine. Draft a pastoral response email that (1) expresses empathy, (2) clarifies biblical teaching with two references, (3) invites in-person conversation, and (4) avoids condescension. Pastoral communication is part of theological training, not an optional soft skill.

TBM-HP-102 — Lesson 4: Week 3 Recipes — Optimization Phase

Introduction

Welcome to Lesson 4 of **30-Day Meal Plans & Practical Implementation**. This session covers **Week 3 Recipes — Optimization Phase**,

drawn from the structure of *Healing Protocol* in the **Wellness Track** track. Complete BS-FND-100 before

advanced TBM courses; AP-501 is recommended for apologetics-heavy tracks.

Twice Born Ministry book-track courses teach *from* published manuscripts — organizing chapter themes into college-level lessons without replacing the books. Purchase or borrow the source volume for full citations, charts, and extended case studies referenced in class.

Pray for wisdom and love before studying contested topics. We contend for souls, not scoring debate points (Jude 3; 1 Peter 3:15).

Book Structure and Teaching Aim

Week 3 Recipes — Optimization Phase advances the source book's cumulative case. Students should identify:

- (1) the claim being tested, (2) the evidence standard applied, (3) the scripture anchor, and
- (4) the witness or stewardship application.

Chapter themes from source material:

- • Breakfast: Healing Greens Scramble
- • Lunch: Lemon Herb Chicken Bowl
- • Dinner: Garlic Butter Salmon & Asparagus
- • Additional Week 1 Meals (Summary Table)

Concept summary (paraphrase): Breakfast: Healing Greens Scramble Time: 10 min | Net carbs: ~4 g
Ingredients: 3 eggs, 1 cup spinach, 1 tbsp butter, 2 tbsp feta, salt, pepper. Steps: Sauté spinach in butter 1 min. Add beaten eggs; scramble. Top with feta. Lunch: Lemon Herb Chicken Bowl Time: 20 min | Net carbs: ~6 g
Ingredients: 5 oz grilled chicken, 2 cups mixed greens, ½ avocado, olive oil, lemon, cucumber. Steps: Slice chicken; assemble bowl; dress with oil and lemon. Dinner: Garlic Butter Salmon & Asparagus Time: 18 min | Net carbs: ~5 g
Ingredients: 6 oz salmon, 8 asparagus spears, 2 tbsp butter, garlic, parsley. Steps: Roast salmon at 400°F for 12 min. Sauté asparagus in garlic butter.

Additional Week 1...

Do not treat lesson summaries as a substitute for reading assigned book sections. Use this module to organize notes, prepare quizzes, and rehearse gospel conversations.

Scripture Exposition

Anchor **Week 3 Recipes — Optimization Phase** in the Word. Assigned references:

- **Isaiah 8:20** — read in context; note who speaks, to whom, and why.
- • **Acts 17:11** — read in context; note who speaks, to whom, and why.
- • **2 Timothy 3:16-17** — read in context; note who speaks, to whom, and why.

Exegesis steps: (1) Read the full paragraph. (2) Define key terms biblically. (3) Compare with clearer passages. (4) Apply to the worldview or practice under examination.

Evidence and Application

Week 3 Recipes — Optimization Phase integrates metabolic science with biblical stewardship. Document personal

baseline metrics (with physician approval where needed). Track meals, energy, and spiritual disciplines in the assignment log. Science describes mechanism; Scripture assigns meaning — your body is a temple of the Holy Spirit (1 Corinthians 6:19-20).

Common Objections and Pastoral Responses

When teaching **Week 3 Recipes — Optimization Phase**, expect pushback:

- • **"You're attacking my family tradition."** — Affirm love; distinguish people from unbiblical doctrines.
- • **"All religions are the same."** — Ask which religion accounts for sin, the cross, and the empty tomb with evidence.
- • **"That's your interpretation."** — Point to plain reading in context; invite joint Bible study.
- • **"Christians are hypocrites."** — Agree sinners fail; Christ does not. Return to the gospel.

Draft a 150-word charitable response to one objection for your quiz preparation journal.

Practical Implementation

Week 3 Recipes — Optimization Phase requires action:

- Complete the weekly checklist in your assignment folder.
- Share progress with an accountability partner.
- Connect physical or financial stewardship to worship — not anxiety or greed.
- Journal one prayer of gratitude for God's provision.

Discussion Questions

How does **Week 3 Recipes — Optimization Phase** fit the source book's overall argument?

Which scripture was most decisive for you? Why?

Where might Christians misapply this material with pride or cruelty?

How would you teach this lesson to a high school homeschool cohort?

What gospel element (sin, cross, faith, response) must not be omitted in witness?

Summary and Next Steps

Lesson 4 organized *Healing Protocol* material on **Week 3 Recipes — Optimization Phase**. Complete the module

quiz (70% to advance), update your witness or stewardship journal, and preview the next lesson's reading assignment.

Soli Deo gloria.

Ministry Case Study

Imagine a congregant confused about this lesson's topic after watching online teaching that contradicts historic evangelical doctrine. Draft a pastoral response email that (1) expresses empathy, (2) clarifies biblical teaching with two references, (3) invites in-person conversation, and (4) avoids condescension. Pastoral communication is part of theological training, not an optional soft skill.

Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

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Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

Worship Integration

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Ministry Case Study

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Historical Figure Spotlight

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Worship Integration

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Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

TBM-HP-102 — Lesson 5: Week 4 Recipes — Maintenance Preview

Introduction

Welcome to Lesson 5 of **30-Day Meal Plans & Practical Implementation**. This session covers **Week 4 Recipes — Maintenance Preview**,

drawn from the structure of *Healing Protocol* in the **Wellness Track** track. Complete BS-FND-100 before

advanced TBM courses; AP-501 is recommended for apologetics-heavy tracks.

Twice Born Ministry book-track courses teach *from* published manuscripts — organizing chapter themes into college-level lessons without replacing the books. Purchase or borrow the source volume for full citations, charts, and extended case studies referenced in class.

Pray for wisdom and love before studying contested topics. We contend for souls, not scoring debate points (Jude 3; 1 Peter 3:15).

Book Structure and Teaching Aim

Week 4 Recipes — Maintenance Preview advances the source book's cumulative case. Students should identify:

- (1) the claim being tested, (2) the evidence standard applied, (3) the scripture anchor, and
- (4) the witness or stewardship application.

Chapter themes from source material:

- • Breakfast: Healing Greens Scramble
- • Lunch: Lemon Herb Chicken Bowl
- • Dinner: Garlic Butter Salmon & Asparagus
- • Additional Week 1 Meals (Summary Table)

Concept summary (paraphrase): Breakfast: Healing Greens Scramble Time: 10 min | Net carbs: ~4 g Ingredients: 3 eggs, 1 cup spinach, 1 tbsp butter, 2 tbsp feta, salt, pepper. Steps: Sauté spinach in butter 1 min. Add beaten eggs; scramble. Top with feta. Lunch: Lemon Herb Chicken Bowl Time: 20 min | Net carbs: ~6 g Ingredients: 5 oz grilled chicken, 2 cups mixed greens, ½ avocado, olive oil, lemon, cucumber. Steps: Slice chicken; assemble bowl; dress with oil and lemon. Dinner: Garlic Butter Salmon & Asparagus Time: 18 min | Net carbs: ~5 g Ingredients: 6 oz salmon, 8 asparagus spears, 2 tbsp butter, garlic, parsley. Steps: Roast salmon at 400°F for 12 min. Sauté asparagus in garlic butter.

Additional Week 1...

Do not treat lesson summaries as a substitute for reading assigned book sections. Use this module to organize notes, prepare quizzes, and rehearse gospel conversations.

Scripture Exposition

Anchor **Week 4 Recipes — Maintenance Preview** in the Word. Assigned references:

- **Isaiah 8:20** — read in context; note who speaks, to whom, and why.
- **Acts 17:11** — read in context; note who speaks, to whom, and why.
- **2 Timothy 3:16-17** — read in context; note who speaks, to whom, and why.

Exegesis steps: (1) Read the full paragraph. (2) Define key terms biblically. (3) Compare with clearer passages. (4) Apply to the worldview or practice under examination.

Evidence and Application

Week 4 Recipes — Maintenance Preview integrates metabolic science with biblical stewardship. Document personal

baseline metrics (with physician approval where needed). Track meals, energy, and spiritual disciplines in the assignment log. Science describes mechanism; Scripture assigns meaning — your body is a temple of the Holy Spirit (1 Corinthians 6:19-20).

Common Objections and Pastoral Responses

When teaching **Week 4 Recipes — Maintenance Preview**, expect pushback:

- **"You're attacking my family tradition."** — Affirm love; distinguish people from unbiblical doctrines.
- **"All religions are the same."** — Ask which religion accounts for sin, the cross, and the empty tomb with evidence.
- **"That's your interpretation."** — Point to plain reading in context; invite joint Bible study.
- **"Christians are hypocrites."** — Agree sinners fail; Christ does not. Return to the gospel.

Draft a 150-word charitable response to one objection for your quiz preparation journal.

Practical Implementation

Week 4 Recipes — Maintenance Preview requires action:

- • Complete the weekly checklist in your assignment folder.
- • Share progress with an accountability partner.
- • Connect physical or financial stewardship to worship — not anxiety or greed.
- • Journal one prayer of gratitude for God's provision.

Discussion Questions

How does **Week 4 Recipes — Maintenance Preview** fit the source book's overall argument?

Which scripture was most decisive for you? Why?

Where might Christians misapply this material with pride or cruelty?

How would you teach this lesson to a high school homeschool cohort?

What gospel element (sin, cross, faith, response) must not be omitted in witness?

Summary and Next Steps

Lesson 5 organized *Healing Protocol* material on **Week 4 Recipes — Maintenance Preview**. Complete the module

quiz (70% to advance), update your witness or stewardship journal, and preview the next lesson's reading assignment.

Soli Deo gloria.

Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

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Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

Ministry Case Study

Imagine a congregant confused about this lesson's topic after watching online teaching that contradicts historic evangelical doctrine. Draft a pastoral response email that (1) expresses empathy, (2) clarifies biblical teaching with two references, (3) invites in-person conversation, and (4) avoids condescension. Pastoral communication is part of theological training, not an optional soft skill.

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

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Historical Figure Spotlight

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Historical Figure Spotlight

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Worship Integration

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Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

Worship Integration

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Ministry Case Study

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Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

TBM-HP-102 — Lesson 6: Grocery Lists and Batch Cooking

Introduction

Welcome to Lesson 6 of **30-Day Meal Plans & Practical Implementation**. This session covers **Grocery Lists and Batch Cooking**,

drawn from the structure of *Healing Protocol* in the **Wellness Track** track. Complete BS-FND-100 before

advanced TBM courses; AP-501 is recommended for apologetics-heavy tracks.

Twice Born Ministry book-track courses teach *from* published manuscripts — organizing chapter themes into college-level lessons without replacing the books. Purchase or borrow the source volume for full citations, charts, and extended case studies referenced in class.

Pray for wisdom and love before studying contested topics. We contend for souls, not scoring debate points (Jude 3; 1 Peter 3:15).

Book Structure and Teaching Aim

Grocery Lists and Batch Cooking advances the source book's cumulative case. Students should identify:

- (1) the claim being tested, (2) the evidence standard applied, (3) the scripture anchor, and
- (4) the witness or stewardship application.

Chapter themes from source material:

- • Approved Snacks (≤5 g net carbs)
- • Master Sauce: Healing Ranch
- • Batch Cooking Matrix

Concept summary (paraphrase): Approved Snacks (≤5 g net carbs) | Snack | Portion | |-----|-----|
 | Macadamia nuts | 1 oz | | Celery + almond butter | 2 stalks + 1 tbsp | | Cheese cubes | 1 oz | | Olives |
 10 small | | Deli roll-ups | 2 slices meat + cheese | Master Sauce: Healing Ranch Full-fat mayo, sour
 cream, dill, garlic powder, parsley — no added sugar. Batch Cooking Matrix | Item | Method | Storage |
 |-----|-----|-----| | Grilled chicken | 4 lbs on Sunday | Fridge 4 days | | Roasted vegetables | Sheet
 pan | Fridge 5 days | | Bone broth | Slow cooker 12 hr | Freezer 3 months | | Hard-boiled...

Do not treat lesson summaries as a substitute for reading assigned book sections. Use this module to organize notes, prepare quizzes, and rehearse gospel conversations.

Scripture Exposition

Anchor **Grocery Lists and Batch Cooking** in the Word. Assigned references:

- **Isaiah 8:20** — read in context; note who speaks, to whom, and why.
- • **Acts 17:11** — read in context; note who speaks, to whom, and why.
- • **2 Timothy 3:16-17** — read in context; note who speaks, to whom, and why.

Exegesis steps: (1) Read the full paragraph. (2) Define key terms biblically. (3) Compare with clearer passages. (4) Apply to the worldview or practice under examination.

Evidence and Application

Grocery Lists and Batch Cooking integrates metabolic science with biblical stewardship. Document personal

baseline metrics (with physician approval where needed). Track meals, energy, and spiritual disciplines in the assignment log. Science describes mechanism; Scripture assigns meaning — your body is a temple of the Holy Spirit (1 Corinthians 6:19-20).

Common Objections and Pastoral Responses

When teaching **Grocery Lists and Batch Cooking**, expect pushback:

- • **"You're attacking my family tradition."** — Affirm love; distinguish people from unbiblical doctrines.
- • **"All religions are the same."** — Ask which religion accounts for sin, the cross, and the empty tomb with evidence.
- • **"That's your interpretation."** — Point to plain reading in context; invite joint Bible study.
- • **"Christians are hypocrites."** — Agree sinners fail; Christ does not. Return to the gospel.

Draft a 150-word charitable response to one objection for your quiz preparation journal.

Practical Implementation

Grocery Lists and Batch Cooking requires action:

- • Complete the weekly checklist in your assignment folder.
- • Share progress with an accountability partner.
- • Connect physical or financial stewardship to worship — not anxiety or greed.

- Journal one prayer of gratitude for God's provision.

Discussion Questions

How does **Grocery Lists and Batch Cooking** fit the source book's overall argument?

Which scripture was most decisive for you? Why?

Where might Christians misapply this material with pride or cruelty?

How would you teach this lesson to a high school homeschool cohort?

What gospel element (sin, cross, faith, response) must not be omitted in witness?

Summary and Next Steps

Lesson 6 organized *Healing Protocol* material on **Grocery Lists and Batch Cooking**. Complete the module

quiz (70% to advance), update your witness or stewardship journal, and preview the next lesson's reading assignment.

Soli Deo gloria.

Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

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Ministry Case Study

Imagine a congregant confused about this lesson's topic after watching online teaching that contradicts historic evangelical doctrine. Draft a pastoral response email that (1) expresses empathy, (2) clarifies biblical teaching with two references, (3) invites in-person conversation, and (4) avoids condescension. Pastoral communication is part of theological training, not an optional soft skill.

Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

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Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

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TBM-HP-102 — Lesson 7: Dining Out and Travel Strategies

Introduction

Welcome to Lesson 7 of **30-Day Meal Plans & Practical Implementation**. This session covers **Dining Out and Travel Strategies**,

drawn from the structure of *Healing Protocol* in the **Wellness Track** track. Complete BS-FND-100 before

advanced TBM courses; AP-501 is recommended for apologetics-heavy tracks.

Twice Born Ministry book-track courses teach *from* published manuscripts — organizing chapter themes into college-level lessons without replacing the books. Purchase or borrow the source volume for full citations, charts, and extended case studies referenced in class.

Pray for wisdom and love before studying contested topics. We contend for souls, not scoring debate points (Jude 3; 1 Peter 3:15).

Book Structure and Teaching Aim

Dining Out and Travel Strategies advances the source book's cumulative case. Students should identify:

- (1) the claim being tested, (2) the evidence standard applied, (3) the scripture anchor, and
- (4) the witness or stewardship application.

Do not treat lesson summaries as a substitute for reading assigned book sections. Use this module to organize notes, prepare quizzes, and rehearse gospel conversations.

Scripture Exposition

Anchor **Dining Out and Travel Strategies** in the Word. Assigned references:

- **Isaiah 8:20** — read in context; note who speaks, to whom, and why.
- • **Acts 17:11** — read in context; note who speaks, to whom, and why.
- • **2 Timothy 3:16-17** — read in context; note who speaks, to whom, and why.

Exegesis steps: (1) Read the full paragraph. (2) Define key terms biblically. (3) Compare with clearer passages. (4) Apply to the worldview or practice under examination.

Evidence and Application

Dining Out and Travel Strategies integrates metabolic science with biblical stewardship. Document personal

baseline metrics (with physician approval where needed). Track meals, energy, and spiritual

disciplines in the assignment log. Science describes mechanism; Scripture assigns meaning — your body is a temple of the Holy Spirit (1 Corinthians 6:19-20).

Common Objections and Pastoral Responses

When teaching **Dining Out and Travel Strategies**, expect pushback:

- • **"You're attacking my family tradition."** — Affirm love; distinguish people from unbiblical doctrines.
- • **"All religions are the same."** — Ask which religion accounts for sin, the cross, and the empty tomb with evidence.
- • **"That's your interpretation."** — Point to plain reading in context; invite joint Bible study.
- • **"Christians are hypocrites."** — Agree sinners fail; Christ does not. Return to the gospel.

Draft a 150-word charitable response to one objection for your quiz preparation journal.

Practical Implementation

Dining Out and Travel Strategies requires action:

- • Complete the weekly checklist in your assignment folder.
- • Share progress with an accountability partner.
- • Connect physical or financial stewardship to worship — not anxiety or greed.
- • Journal one prayer of gratitude for God's provision.

Discussion Questions

How does **Dining Out and Travel Strategies** fit the source book's overall argument?

Which scripture was most decisive for you? Why?

Where might Christians misapply this material with pride or cruelty?

How would you teach this lesson to a high school homeschool cohort?

What gospel element (sin, cross, faith, response) must not be omitted in witness?

Summary and Next Steps

Lesson 7 organized *Healing Protocol* material on **Dining Out and Travel Strategies**. Complete the module

quiz (70% to advance), update your witness or stewardship journal, and preview the next lesson's reading assignment.

Soli Deo gloria.

Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

Historical Figure Spotlight

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Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

Ministry Case Study

Imagine a congregant confused about this lesson's topic after watching online teaching that contradicts historic evangelical doctrine. Draft a pastoral response email that (1) expresses empathy, (2) clarifies biblical teaching with two references, (3) invites in-person conversation, and (4) avoids condescension. Pastoral communication is part of theological training, not an optional soft skill.

Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

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Imagine a congregant confused about this lesson's topic after watching online teaching that contradicts historic evangelical doctrine. Draft a pastoral response email that (1) expresses empathy, (2) clarifies biblical teaching with two references, (3) invites in-person conversation, and (4) avoids condescension. Pastoral communication is part of theological training, not an optional soft skill.

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Worship Integration

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TBM-HP-102 — Lesson 8: Troubleshooting Stalls and Cravings

Introduction

Welcome to Lesson 8 of **30-Day Meal Plans & Practical Implementation**. This session covers **Troubleshooting Stalls and Cravings**,

drawn from the structure of *Healing Protocol* in the **Wellness Track** track. Complete BS-FND-100 before

advanced TBM courses; AP-501 is recommended for apologetics-heavy tracks.

Twice Born Ministry book-track courses teach *from* published manuscripts — organizing chapter themes into college-level lessons without replacing the books. Purchase or borrow the source volume for full citations, charts, and extended case studies referenced in class.

Pray for wisdom and love before studying contested topics. We contend for souls, not scoring debate points (Jude 3; 1 Peter 3:15).

Book Structure and Teaching Aim

Troubleshooting Stalls and Cravings advances the source book's cumulative case. Students should identify:

- (1) the claim being tested, (2) the evidence standard applied, (3) the scripture anchor, and
- (4) the witness or stewardship application.

Do not treat lesson summaries as a substitute for reading assigned book sections. Use this module to organize notes, prepare quizzes, and rehearse gospel conversations.

Scripture Exposition

Anchor **Troubleshooting Stalls and Cravings** in the Word. Assigned references:

- **Isaiah 8:20** — read in context; note who speaks, to whom, and why.
- • **Acts 17:11** — read in context; note who speaks, to whom, and why.
- • **2 Timothy 3:16-17** — read in context; note who speaks, to whom, and why.

Exegesis steps: (1) Read the full paragraph. (2) Define key terms biblically. (3) Compare with clearer passages. (4) Apply to the worldview or practice under examination.

Evidence and Application

Troubleshooting Stalls and Cravings integrates metabolic science with biblical stewardship. Document personal

baseline metrics (with physician approval where needed). Track meals, energy, and spiritual disciplines in the assignment log. Science describes mechanism; Scripture assigns meaning — your body is a temple of the Holy Spirit (1 Corinthians 6:19-20).

Common Objections and Pastoral Responses

When teaching **Troubleshooting Stalls and Cravings**, expect pushback:

- • **"You're attacking my family tradition."** — Affirm love; distinguish people from unbiblical doctrines.
- • **"All religions are the same."** — Ask which religion accounts for sin, the cross, and the empty tomb with evidence.
- • **"That's your interpretation."** — Point to plain reading in context; invite joint Bible study.
- • **"Christians are hypocrites."** — Agree sinners fail; Christ does not. Return to the gospel.

Draft a 150-word charitable response to one objection for your quiz preparation journal.

Practical Implementation

Troubleshooting Stalls and Cravings requires action:

- Complete the weekly checklist in your assignment folder.
- Share progress with an accountability partner.
- Connect physical or financial stewardship to worship — not anxiety or greed.
- Journal one prayer of gratitude for God's provision.

Discussion Questions

How does **Troubleshooting Stalls and Cravings** fit the source book's overall argument?

Which scripture was most decisive for you? Why?

Where might Christians misapply this material with pride or cruelty?

How would you teach this lesson to a high school homeschool cohort?

What gospel element (sin, cross, faith, response) must not be omitted in witness?

Summary and Next Steps

Lesson 8 organized *Healing Protocol* material on **Troubleshooting Stalls and Cravings**. Complete the module

quiz (70% to advance), update your witness or stewardship journal, and preview the next lesson's reading assignment.

Soli Deo gloria.

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

Ministry Case Study

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Supplemental Reading and Reflection

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Appendix A — Assignments

Week 01

Week 01 Assignment — Reflection Journal

Course: TBM-HP-102 · 30-Day Meal Plans & Practical Implementation

Week focus: TBM-HP-102 — Lesson 1: 30-Day Meal Plan Overview

Learning objective (Bloom's taxonomy)

Students will **analyze** course content from **TBM-HP-102 — Lesson 1: 30-Day Meal Plan Overview** with KJV integration and measurable evidence in the submission.

Task

Analyze: Write a 300–500 word reflection on **TBM-HP-102 — Lesson 1: 30-Day Meal Plan Overview**. Include at least two KJV citations and one personal application.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, Lesson, Overview

Week 02

Week 02 Assignment — Memory Verse Application

Course: TBM-HP-102 · 30-Day Meal Plans & Practical Implementation

Week focus: TBM-HP-102 — Lesson 2: Week 1 Recipes — Foundation Phase

Learning objective (Bloom's taxonomy)

Students will **apply** course content from **TBM-HP-102 — Lesson 2: Week 1 Recipes — Foundation Phase** with KJV integration and measurable evidence in the submission.

Task

Apply: Recite this week's memory verse from memory, then write 250 words explaining how it applies to daily discipleship.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, Lesson, Recipes, Foundation

Week 03

Week 03 Assignment — Expository Outline

Course: TBM-HP-102 · 30-Day Meal Plans & Practical Implementation

Week focus: TBM-HP-102 — Lesson 3: Week 2 Recipes — Adaptation Phase

Learning objective (Bloom's taxonomy)

Students will **outline** course content from **TBM-HP-102 — Lesson 3: Week 2 Recipes — Adaptation Phase** with KJV integration and measurable evidence in the submission.

Task

Outline: Produce a structured outline (400+ words) for the main passage in **TBM-HP-102 — Lesson 3: Week 2 Recipes — Adaptation Phase**. Include pericope titles and one-sentence themes.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, Lesson, Recipes, Adaptation

Week 04

Week 04 Assignment — Discussion Response

Course: TBM-HP-102 · 30-Day Meal Plans & Practical Implementation

Week focus: TBM-HP-102 — Lesson 4: Week 3 Recipes — Optimization Phase

Learning objective (Bloom's taxonomy)

Students will **explain** course content from **TBM-HP-102 — Lesson 4: Week 3 Recipes — Optimization Phase** with KJV integration and measurable evidence in the submission.

Task

Explain: Answer two discussion prompts from the Week 4 reading in 200 words each. Cite KJV only.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, Lesson, Recipes, Optimization

Week 05

Week 05 Assignment — Practical Ministry Step

Course: TBM-HP-102 · 30-Day Meal Plans & Practical Implementation

Week focus: TBM-HP-102 — Lesson 4: Week 3 Recipes — Optimization Phase

Learning objective (Bloom's taxonomy)

Students will **demonstrate** course content from **TBM-HP-102 — Lesson 4: Week 3 Recipes — Optimization Phase** with KJV integration and measurable evidence in the submission.

Task

Demonstrate: Complete one practical ministry action tied to **TBM-HP-102 — Lesson 4: Week 3 Recipes — Optimization Phase** (visit, prayer walk, family worship, or service). Submit a 200-word report plus optional photo upload.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Manual review (practical/upload).

Pass: 70%

Rubric (100 points)

Week 06

Week 06 Assignment — Witness Outline

Course: TBM-HP-102 · 30-Day Meal Plans & Practical Implementation

Week focus: TBM-HP-102 — Lesson 5: Week 4 Recipes — Maintenance Preview

Learning objective (Bloom's taxonomy)

Students will **construct** course content from **TBM-HP-102 — Lesson 5: Week 4 Recipes — Maintenance Preview** with KJV integration and measurable evidence in the submission.

Task

Construct: Draft a 3-minute spoken witness outline using this week's theme. Include gospel bridge, one objection with biblical answer, and call to faith.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, Lesson, Recipes, Maintenance

Week 07

Week 07 Assignment — Cross-Reference Study

Course: TBM-HP-102 · 30-Day Meal Plans & Practical Implementation

Week focus: TBM-HP-102 — Lesson 6: Grocery Lists and Batch Cooking

Learning objective (Bloom's taxonomy)

Students will **compare** course content from **TBM-HP-102 — Lesson 6: Grocery Lists and Batch Cooking** with KJV integration and measurable evidence in the submission.

Task

Compare: Find three cross-references that illuminate **TBM-HP-102 — Lesson 6: Grocery Lists and Batch Cooking**. Write 400 words comparing themes (OT + NT).

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, Lesson, Grocery, Lists

Week 08

Week 08 Assignment — Historical Context Brief

Course: TBM-HP-102 · 30-Day Meal Plans & Practical Implementation

Week focus: TBM-HP-102 — Lesson 7: Dining Out and Travel Strategies

Learning objective (Bloom's taxonomy)

Students will **describe** course content from **TBM-HP-102 — Lesson 7: Dining Out and Travel Strategies** with KJV integration and measurable evidence in the submission.

Task

Describe: Write 350 words on historical/literary context for **TBM-HP-102 — Lesson 7: Dining Out and Travel Strategies**. Minimum four KJV citations.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, Lesson, Dining, Travel

Week 09

Week 09 Assignment — Christological Connection Essay

Course: TBM-HP-102 · 30-Day Meal Plans & Practical Implementation

Week focus: TBM-HP-102 — Lesson 8: Troubleshooting Stalls and Cravings

Learning objective (Bloom's taxonomy)

Students will **evaluate** course content from **TBM-HP-102 — Lesson 8: Troubleshooting Stalls and Cravings** with KJV integration and measurable evidence in the submission.

Task

Evaluate: Explain how **TBM-HP-102 — Lesson 8: Troubleshooting Stalls and Cravings** points to Christ in 400–600 words. Use literal-grammatical-historical method.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, Lesson, Troubleshooting, Stalls

Week 10

Week 10 Assignment — Teaching Prep

Course: TBM-HP-102 · 30-Day Meal Plans & Practical Implementation

Week focus: TBM-HP-102 — Lesson 8: Troubleshooting Stalls and Cravings

Learning objective (Bloom's taxonomy)

Students will **design** course content from **TBM-HP-102 — Lesson 8: Troubleshooting Stalls and Cravings** with KJV integration and measurable evidence in the submission.

Task

Design: Prepare a 5-minute teaching outline for **TBM-HP-102 — Lesson 8: Troubleshooting Stalls and Cravings** suitable for a small group or homeschool lesson.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, Lesson, Troubleshooting, Stalls

Week 11

Week 11 Assignment — Integration & Review

Course: TBM-HP-102 · 30-Day Meal Plans & Practical Implementation

Week focus: TBM-HP-102 — Lesson 8: Troubleshooting Stalls and Cravings

Learning objective (Bloom's taxonomy)

Students will **synthesize** course content from **TBM-HP-102 — Lesson 8: Troubleshooting Stalls and Cravings** with KJV integration and measurable evidence in the submission.

Task

Synthesize: Synthesize the top five themes from 30-Day Meal Plans & Practical Implementation. 600 words, minimum six KJV citations, one paragraph on personal growth.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, Lesson, Troubleshooting, Stalls

Week 12

Creative Ministry Project — TBM-HP-102

Course: 30-Day Meal Plans & Practical Implementation

Code: TBM-HP-102

Learning objective (Bloom's taxonomy)

Students will **create** an original ministry artifact synthesizing course themes with KJV fidelity and scholarship-gallery quality.

Overview

Complete an original **Creative Ministry Project** demonstrating what you learned in this course. Select one project type when submitting your assignment. Approved work may appear in the [Scholarship

Gallery](<https://twicebornministry.com/bible-school/scholarships/>) so supporters can **donate toward student scholarships** — you retain credit and ownership of your work.

> This is ministry education, not a sale of intellectual property. Donations fund scholarships.

Project types

Requirements

Original work — cite all Scripture in KJV; footnote other sources.

Course connection — explicitly tie your project to at least two module themes from TBM-HP-102.

Ministry focus — aim to edify believers or reach seekers with the gospel.

Upload — submit via the **Creative Ministry Project** assignment at the end of the course; select your project type in the form.

Length guides:

- Written: 800–1500 words
- Audio/Video: see durations above
- Photography: 1–3 images + caption
- Application: working prototype + 300-word user guide

Grading rubric (100 points)

Pass: 70%

Scholarship gallery

If your project is approved, it may be listed at /bible-school/scholarships/ with a **Support this student** donation button. Supporters give toward the scholarship fund for your project type — not to purchase your content.

Prayer

> *"Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer."* — Psalm 19:14 (KJV)

Grading

Grading mode: Manual review (creative upload).

Pass: 70%

Rubric (100 points)

Creative Ministry Project

Creative Ministry Project — TBM-HP-102

Course: 30-Day Meal Plans & Practical Implementation

Code: TBM-HP-102

Overview

Complete an original **Creative Ministry Project** demonstrating what you learned in this course. Select one project type when submitting your assignment. Approved work may appear in the [Scholarship Gallery](<https://twicebornministry.com/bible-school/scholarships/>) so supporters can **donate toward student scholarships** — you retain credit and ownership of your work.

> This is ministry education, not a sale of intellectual property. Donations fund scholarships.

Project types

Requirements

Original work — cite all Scripture in KJV; footnote other sources.

Course connection — explicitly tie your project to at least two module themes from TBM-HP-102.

Ministry focus — aim to edify believers or reach seekers with the gospel.

Upload — submit via the **Creative Ministry Project** assignment at the end of the course; select your project type in the form.

Length guides:

- Written: 800–1500 words
- Audio/Video: see durations above
- Photography: 1–3 images + caption
- Application: working prototype + 300-word user guide

Grading rubric (100 points)

Pass: 70%

Scholarship gallery

If your project is approved, it may be listed at /bible-school/scholarships/ with a **Support this student** donation button. Supporters give toward the scholarship fund for your project type — not to purchase your content.

Prayer

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Appendix B — Key Terms & Passages

- • Isaiah 8:20
- • Acts 17:11
- • 2 Timothy 3:16-17
- • "You're attacking my family tradition."
- • "All religions are the same."
- • "That's your interpretation."
- • "Christians are hypocrites."