

STANDING STRONG

LIVING RIGHT UNDER PRESSURE

LESSON 4 // WATCH YOUR DIET

Big Idea: Much of our destiny is determined by our choices, and one of the consistent choices we all make involves what we take in to our spirit, soul and body. From Daniel 1-6 we learn that Daniel and his friends resolved not to be defiled by the food (and culture) of the Babylonians and that choice helped them stand strong in the face of tremendous pressure to conform. In the same way, we always make a good decision when we choose to reject the “diet” the world offers.

Daniel 1:8 (NIV) *But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way.*

Joshua 24:14-15 (NIV) *Now fear the LORD and serve him with all faithfulness. Throw away the gods your ancestors worshiped beyond the Euphrates River and in Egypt, and serve the LORD. 15 But if serving the LORD seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the LORD.*

1 John 2:15-16 (NLT) *Do not love this world nor the things it offers you, for when you love the world, you do not have the love of the Father in you. 16 For the world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father, but are from this world.*

Daniel 1:14 (NLT) *At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king.*

Start Talking:

How would you describe your diet—spirit, soul and body? How well do you watch what you take in?

Start Thinking:

Read Daniel 1:8. Why was Daniel’s resolve not to defile himself with “the royal food and wine” a key to his success as a godly young man in Babylon? How does this speak to you about the importance of small decisions in your life?

Read Joshua 24:14-15. Why should the fear of the Lord and a heart to serve Him be part of your decision making?

Read 1 John 2:15-16. How can a deep love for your heavenly Father help you make right choices?

Read Daniel 1:14. In what ways is God’s wisdom superior to the wisdom of the world? What are some of the benefits of rejecting worldly wisdom and embracing God’s ways?

Start Praying and Doing:

Pray for a deeper love for the Father as a source and strength for godly decisions. Look for ways to apply this in your daily life this week as you share His love with others and resist loving “this world and the things it offers you.”