



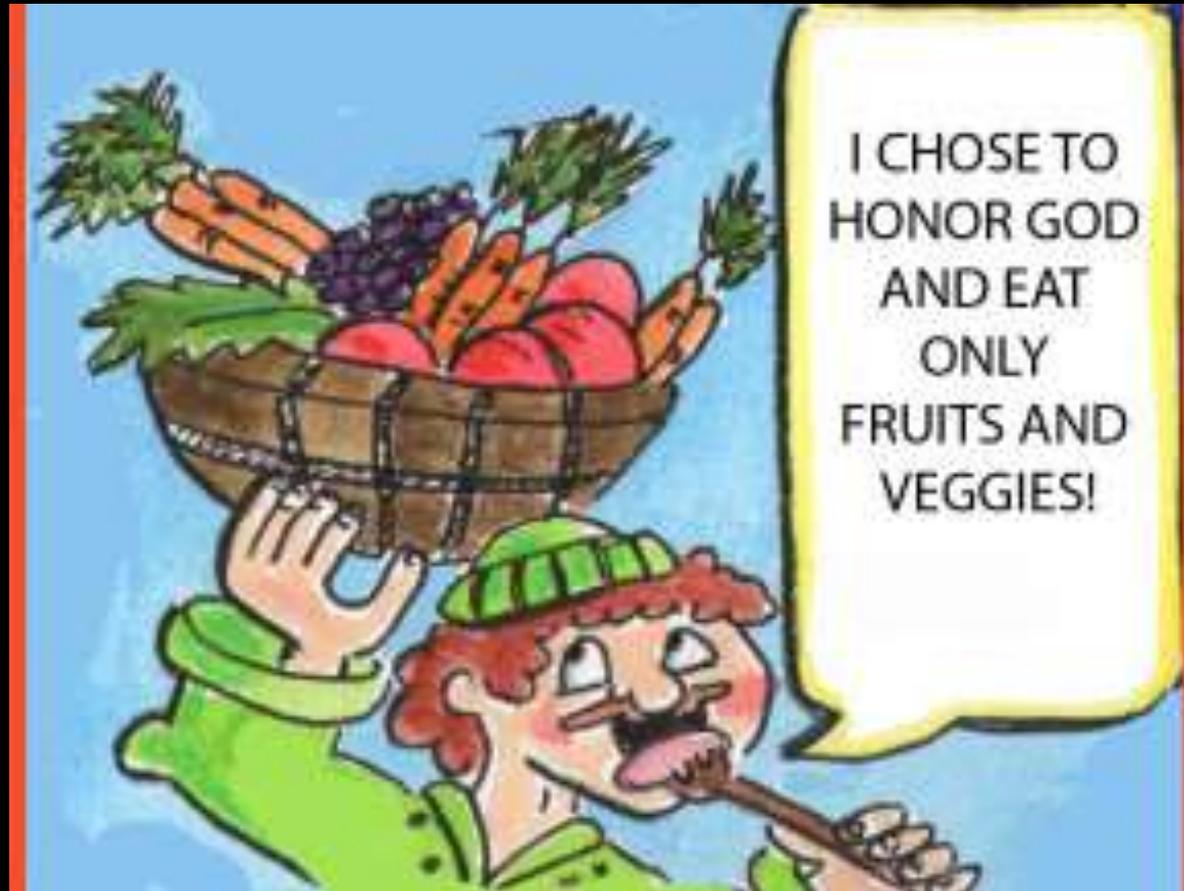
ARGGHHH!!

Sloppy Bible study bugs me! What's wrong with this picture?



And this?

And all of these...





**DANIEL  
1:12-16**

12 Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. 13 Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see.”

14 So he agreed to this and tested them for ten days.

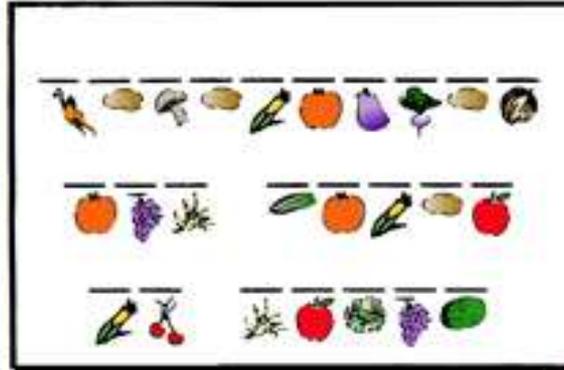
15 At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. 16 So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.

# Good Things to Eat

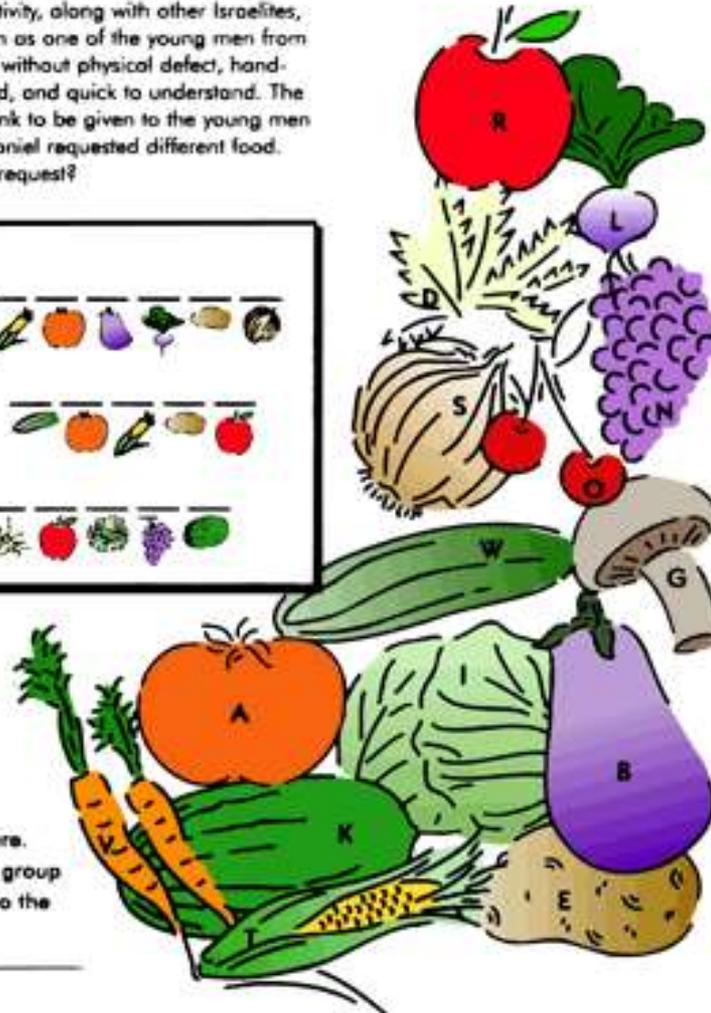
## Daniel's Wise Food Choice

—Daniel 1

Daniel was taken into captivity, along with other Israelites, to Babylon. He was chosen as one of the young men from the royal family who were without physical defect, handsome, smart, well informed, and quick to understand. The king ordered food and drink to be given to the young men from his own table, but Daniel requested different food. What kind of food did he request?

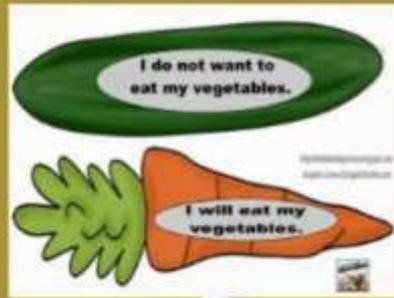


Find the answer by comparing the small food items with the ones in the group picture. Locate the letter in the group picture and transfer it to the lines provided.



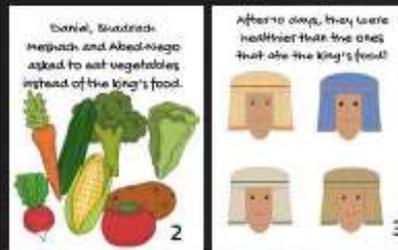
Arrggghhh!!  
No!

# Making Good Choices Like Daniel & Friends



The vegetables each have a good or bad choice.  
Discussion starters for making the Good Choices God wants you to make.

# Daniel and His Friends Make Healthy Choices



Foodable Booklet



Color & Black/White Included

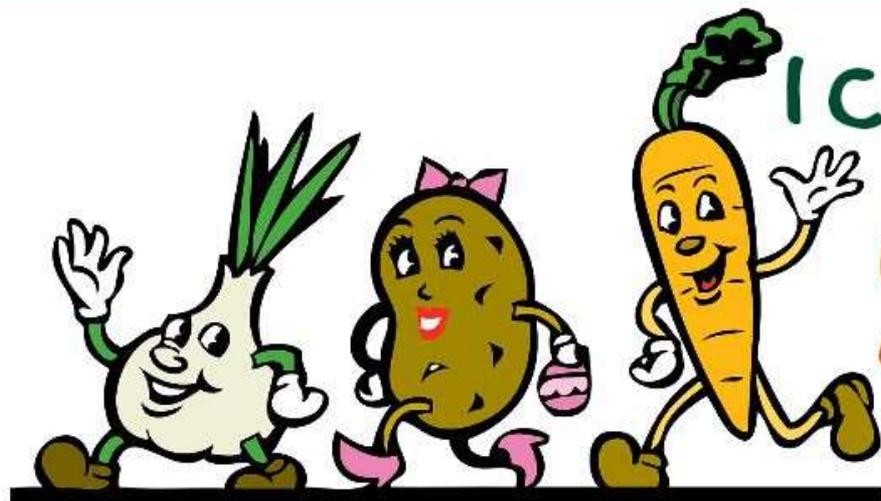




Why the **DANIEL FAST**  
*could be*  
your **BIGGEST** BREAKTHROUGH!



**Dr. Axe**  
FOOD IS MEDICINE



# I Can Do What is RIGHT

(A PRESCHOOL BIBLE LESSON  
OVER DANIEL (CHAPTER ONE))

THE ULTIMATE GUIDE TO

*the* DANIEL

FAST

*Kristen Feola*

100+ RECIPES  
PLUS 21 DAILY  
DEVOTIONALS



Test your servants for ten days: let us be given vegetables to eat and water to drink." Daniel 1:12

# Fasting in the Bible

At the end of the ten days they looked healthier than any of the young men who ate the royal food. Daniel 1:15

how to diet like Daniel did



fruits



veggies



nuts



grains

52-week cleansing fast → spiritual, mental & physical connection

Eat 5 small meals every day

## spiritual health



### The power of prayer:

The Daniel Fast not only nurtures your body, but your soul as well.

Pray for the ability, strength and determination to complete the fast.

Use God's power in your life and treat your body and mind with the care that he intended.

### The proof:

Daniel ate vegetables instead of the king's lavish meals. After 10 days, Daniel was healthier than the king's men.

At Saddleback congregation, 12,000 members worked together to lose more than 250,000 pounds.

## mental health



### Control your desires

The average American eats 130 pounds of sugar and 134 pounds of flour a year.

Challenge yourself mentally and practice restraint.

Build healthy habits and perspectives for every day life.

### Creators of the Daniel Plan:

Pastor Rick Warren  
Dr. Mehmet Oz  
Dr. Daniel Amen  
Dr. Mark Hyman

## physical health



### Achieve your goals.

90% of participants ate starch, sugar and milk products before the fast

90% of participants saw no need to change their diet before the fast

80% of the population suffers from sickness and tiredness

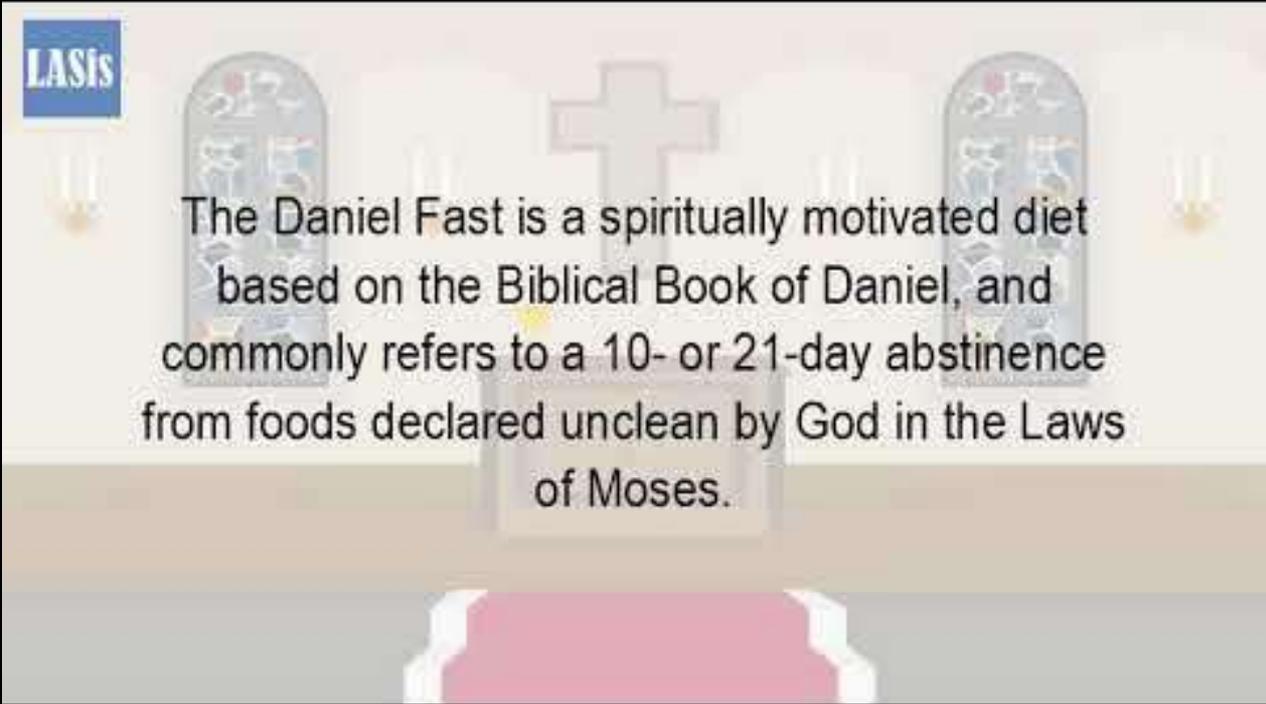
### eliminate

Toxins, Bloating, Cravings, Fluid retention, Headaches, Food addictions, Hot flashes, Insomnia, Overeating, Indigestion, Tiredness

Oh please!

The logo for LASis, consisting of the letters 'LASis' in white on a blue rectangular background.

LASis

A stylized illustration of a church interior. In the center is a large white cross on a wall. To the left and right are arched stained-glass windows with colorful patterns. In the foreground, there is a pink altar with a white top. The background is a light beige color with a subtle pattern of small white dots.

The Daniel Fast is a spiritually motivated diet based on the Biblical Book of Daniel, and commonly refers to a 10- or 21-day abstinence from foods declared unclean by God in the Laws of Moses.

Okay—there is so much wrong with this I hardly know where to start...

Well...let's all take a deep breath and calm down.  
We'll come back to this in a bit, but first:

Here's the title we're using for the book:

## The King of the Nations

Our key verse for the book is 4:34b—"His dominion is an everlasting dominion, and His kingdom endures from generation to generation."

The book divides naturally into two halves...

- Daniel in the King's courts ~ chs. 1-6
- Daniel and the King's visions ~ chs. 7-12

1:1-7 ~ The beginning of the captivity in Babylon

1:8-21 ~ The resolve to be faithful in exile

The resolve to be faithful in exile – Daniel 1:8-21

Let's define a word first: What is *faithful*?

First, it is a thing that God is – Ex. 34:6; Deut. 7:9

The Heb. and Gk. words have similar meaning:  
faithful, trustworthy, reliable, dependable.

- Because it is a thing that God *is*, it is what He *does* – Ps. 145:13. He acts out of His nature.
- And it is also what He speaks – Ps. 19:7 (“sure” is this same Heb. word; also transl. *trustworthy*)
- And therefore it is what He expects – Ps. 101:6

“To be faithful in the book of Revelation is to refuse to compromise the Christian faith, even in the face of persecution and martyrdom.” – Bill Mounce

The resolve to be faithful in exile – Daniel 1:8-21

So—the word *faithful* is not in our text in Daniel 1, but it is the background against which all of the action takes place.

A bit of an outline of the passage –

- Daniel's resolution, v. 8-16
- Daniel's preservation, v. 17-21

Here's the setting: Daniel and the other three, along with a bunch more (1:3, 6), enter the city of Babylon, largest in the world at the time, through the magnificent main gates, and right away the Babylonian assimilation program starts (1:5, 7).

## Daniel's resolution ~ 1:8-16

For a reason that is not given in the text, Daniel decides that there is one part of this assimilation program he is not comfortable with. And the question is this: Why did he decide that?

- Why the issue with the food?
- And did he refuse the king's food?
- Why single just that part out?
- He didn't ask to be exempted from the instruction in the "literature and language of the Chaldeans," which would have included their religion. Why not?
- Food is a non-moral thing...why make *it* the issue?
- Was Daniel coming out as a vegan? Is that it?

## Daniel's resolution ~ 1:8-16

Well—why did Daniel want a change in food?

If you want to get woodenly literal in the translation of v. 7-8, it would sound something like this:

- 7a ~ “the chief of staff set names for them...”
- 7b ~ “so he set for Daniel Belteshazzar...”
- 8a ~ “now Daniel set it upon his heart...”

The common Heb. verb is in all three phrases.

Daniel sets it upon his heart that “he would not defile himself with the king's food/wine.”

There are a few explanations for this odd request...  
let's run through them ~

## Daniel's resolution ~ 1:8-16

Possibility #1—it was a dietary thing.

This would go back to Lev. 11:1-23—there were some foods that were off limits for Israelites. Ok... well, this raises some questions:

- What about the wine? Because there were no issues with that in the Levitical law.
- And if this was really the reason, then why didn't Daniel's resolve last? Because see 10:3.

Possibility #2—it was an idolatry thing.

Maybe he realized the food had been offered to idols, and he didn't want to eat it for that reason.

Daniel's resolution ~ 1:8-16

Possibility #2—it was an idolatry thing.

Well...but if the King's food was offered to idols, wouldn't that include the veggies, fruits, and grains (because that's the meaning of the Heb. word) too?

Possibility #3—it was a symbolic thing.

Sharing in the King's food would have indicated dependence on, and loyalty to, the King.

- Well, ok, but the King would have been providing the veggies, etc. too, right? What's the diff? All of it was government issue.
- Before we dismiss this, there could be something to this to some degree...more in a bit.

Daniel's resolution ~ 1:8-16

Strong possibility #1—it was one of the only means they had to preserve some Jewish identity.

John H. Walton ~ “It is not so much something in the food that defiles as much as it is the total program of assimilation. At this point the Babylonian government is exercising control over every aspect of their lives. They have little means to resist the forces of assimilation that are controlling them.

They seize on one of the few areas where they can still exercise choice as an opportunity to preserve their distinct identity.”

Daniel's resolution ~ 1:8-16

Strong possibility #2—it was a way to be daily reminded of their dependence upon God.

Iain Duguid ~ “The key to understanding why the four young men abstained from the royal food and wine is noticing that instead they chose to eat only those things that grow naturally—grains and vegetables—and to drink only naturally occurring water. This suggests that the goal of this simple lifestyle was to be constantly reminded of their dependence upon their creator God for their food, not King Nebuchadnezzar. Dependence upon Nebuchadnezzar's rich food would have been defiling because it would have repeated in their own lives the sin of King Hezekiah that brought this judgment upon God's people in the first place (2 Kings 20:17).”

## Daniel's resolution ~ 1:8-16

In the end, we simply don't know exactly why Daniel made this decision. But we can say this about it:

Four young men—likely young teenagers—found a way, in a smothering, pagan culture, to “maintain their constant awareness of the one true God.”

- Brainstorm for a minute: what are some of the ways we can do that in our day?

Notice something in both of the sections of ch. 1 that we're looking at today—there is a little phrase that shows up in both sections that points us to the most important thing. Do you see it? What is it?

## Daniel's resolution ~ 1:8-16

This: "And God gave..." (v. 9); "God gave them..." (v. 17)

In our zeal to adapt these stories to flannelgraph, we can miss the critical thing: the great, Supreme, Sovereign, Most High God is working—unseen—to accomplish His will.

- "...the Most High rules the kingdom of men..." ~ Dan. 4:25
- "...He does according to His will among the host of heaven and among the inhabitants of the earth; and none can stay His hand or say to Him, 'What have You done?'" ~ Dan. 4:35

## Daniel's resolution ~ 1:8-16

From A.W. Pink, in his classic *The Attributes of God*, published in 1930—“The ‘god’ of this twentieth century no more resembles the Supreme Sovereign of Holy Writ than does the dim flickering of a candle the glory of the midday sun. The ‘god’ who is now talked about in the average pulpit, spoken of in the ordinary Sunday School, mentioned in much of the religious literature of the day, and preached in most of the so-called Bible Conferences is the figment of human imagination, an invention of maudlin sentimentality. The heathen outside of the pale of Christendom form ‘gods’ out of wood and stone...

## Daniel's resolution ~ 1:8-16

...while the millions of heathen inside Christendom manufacture a 'god' out of their own carnal mind. In reality, they are but atheists, for there is no other possible alternative between an absolutely supreme God, and no God at all. A 'god' whose will is resisted, whose designs are frustrated, whose purpose is checkmated, possesses no title to Deity, and so far from being a fit object of worship, merits nought but contempt."

Don't think about the sovereignty of God if you don't like to be uncomfortable, because it will confront, challenge, and disturb you. Take a look:

## Daniel's resolution ~ 1:8-16

- 1 Chron. 29:11-12
- 2 Chron. 20:6
- Job 23:13
- Job 42:2
- Ps. 115:3
- Ps. 135:6
- Prov. 16:9
- Prov. 21:1
- Is. 46:10
- Eph. 1:11

But at the same time, the sovereignty of God should be a source of great comfort: Psalm 31:15, 37:7.

Here is the great danger we want to avoid at all costs: Psalm 50:21.

- Daniel will not let his readers think that God is small, like the gods of the Babylonians.

## Daniel's preservation ~ 1:17-21

Well, the story continues on: God gave Daniel “favor and compassion in the sight of the chief of the eunuchs” (v. 9), and so “they were better in appearance and fatter in flesh” (v. 15) than all the other Jewish youth who were taken.

Verse 17 is interesting though, because “God gave them (the four teenagers) learning and skill in all literature and wisdom,” which, in this context, means “the literature and language of the Chaldeans” (v. 4). They learned and mastered this pagan literature...why?

- Because it was part of God's plan for them.

# Daniel's preservation ~ 1:17-21

We've made this point before, but it's worth making again: who is this book about? (a subtle hint: it's not Daniel)

The book is about God, the God who keeps His covenant with His stiff-necked, idolatrous people. He is faithful. Be grateful for that every day.

- It was God who gave Daniel and his friends over to Nebuchadnezzar (v. 2-3)
- It was God who gave them favor in the eyes of their captors (v. 9)
- It was God who enabled them to learn and master their lessons and rise above the rest.

God is faithful. That is why this all happened.

## Daniel's preservation ~ 1:17-21

Way back before all of this—around 400 years earlier—King Solomon prayed a prayer. God apparently doesn't forget the prayers of His people, because even though it took a long time, it was answered here in Daniel 1.

- Solomon's prayer is in 1 Kings 8:22-53; take a look at v. 46-51, especially v. 50.

God placed these four young men—and Daniel in particular—in a unique position where they would be both a blessing to their captors and a help to their Israelite brethren, and also remain faithful to God in the middle of extreme pressure to compromise and assimilate.

## Daniel's preservation ~ 1:17-21

Think about this: Are the circumstances you are in, or even conceivably *could* be in, anywhere close to the circumstances these four young men were in?

Prolly not.

So if God was working in unseen ways to keep these young guys faithful in their circumstances, can He not be counted on to enable you to remain faithful to Him in yours? See what the Word says:

- Psalm 68:19; 55:22; 145:14
- Isaiah 40:29
- Philippians 1:6; 1 Thess. 5:23-24
- Jude 24-25

Daniel's preservation ~ 1:17-21

Daniel 1:21 is a remarkable verse. Why?

The first year of King Cyrus was 539 BC. Daniel was captured in 605 BC.

- Daniel was in Babylon throughout the entire 70-ish years of the exile.
- 539 was the year King Cyrus issued the decree that allowed the Jews to return home (2 Chron. 36:22-23).
- Kings and kingdoms rose and fell...yet Daniel, amazingly, was preserved and retained his position.
- God was faithful to Daniel—over decades, through trials, wars, plots, governments. He has promised you no less—Jude 24-25 tells you He will preserve you through whatever comes. He is faithful.