

# **BEING SELF-DISCIPLINED**

## **Daniel Honors God About the King's Food**

### **Scripture Reference: Daniel 1:1-20**

Daniel and other young men were taken as prisoners and forced to live in Babylon and serve King Nebuchadnezzar.

Nebuchadnezzar king of Babylon came to Jerusalem and besieged it....  
(besieged means the city was surrounded  
and under attack by soldiers)

Then the king ordered Ashpenaz, chief of his court officials, to bring in some of the Israelites....young men without any physical defect, handsome, showing aptitude for every kind of learning, well informed, quick to understand, and qualified to serve in the King's palace. He was to teach them the language and literature of the Babylonians. The king assigned them a daily amount of food...from the king's table. They were to be trained for three years, and after that they were to enter the king's service.

Among these were some from Judah: Daniel...Shadrach...Meshach, and Abednego.

But Daniel resolved not to defile (defile means to make unclean. It's like being dirty inside) himself with the royal food...and he asked the chief official for permission not to defile himself this way. Now God had caused the official to show favor and sympathy to Daniel, but the official told Daniel, "I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? The king would have my head because of you."

Daniel then said to the guard whom the chief official had appointed over them, "Please test (us) for ten days. Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat us in accordance with what you see." So he agreed to this and tested them for ten days.

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

To these four young men God gave knowledge and understanding of all kinds of literature and learning, and Daniel could understand visions and dreams of all kinds.

At the end of the time set by the king to bring them in, the chief official presented them to Nebuchadnezzar. The king talked with them, and he found none equal to Daniel, Shadrach, Meshach, and Abednego. So they entered the king's service. In every matter of wisdom and understanding about which the king questioned them, he found them ten times better than all in his whole kingdom.

**DRAW A LINE FROM EACH NAME TO THE SENTENCES THAT TELL ABOUT THAT PERSON.**



Daniel



Guard



Nebuchadnezzar



Ashpenaz

Ashpenaz appointed this person to oversee the men.

He was the king.

He was self-disciplined and wouldn't eat the Food God's law said not to eat.

He was afraid of the king.

He agreed to test the men for ten days.

## IS IT EASY OR HARD FOR YOU?

Sometimes doing the things we should do is easy. But sometimes it takes self-discipline to do what we know we should do. Read this list and put a check to show what is easy or hard for you to do.

	<b>EASY FOR ME</b>	<b>HARD FOR ME. I'll practice self-discipline</b>
Helping with the dishes without being asked.		
Being a friend to someone the other kids laugh at.		
Putting things away when I stop working with them or playing with them.		
Not going along with others who are doing something wrong.		
Telling the truth when a lie would be easier.		
Finishing my homework before I play.		
Cleaning up my room and making my bed without being told.		

Look at the checks you made in the HARD FOR ME column. What can you do when you need self-discipline?

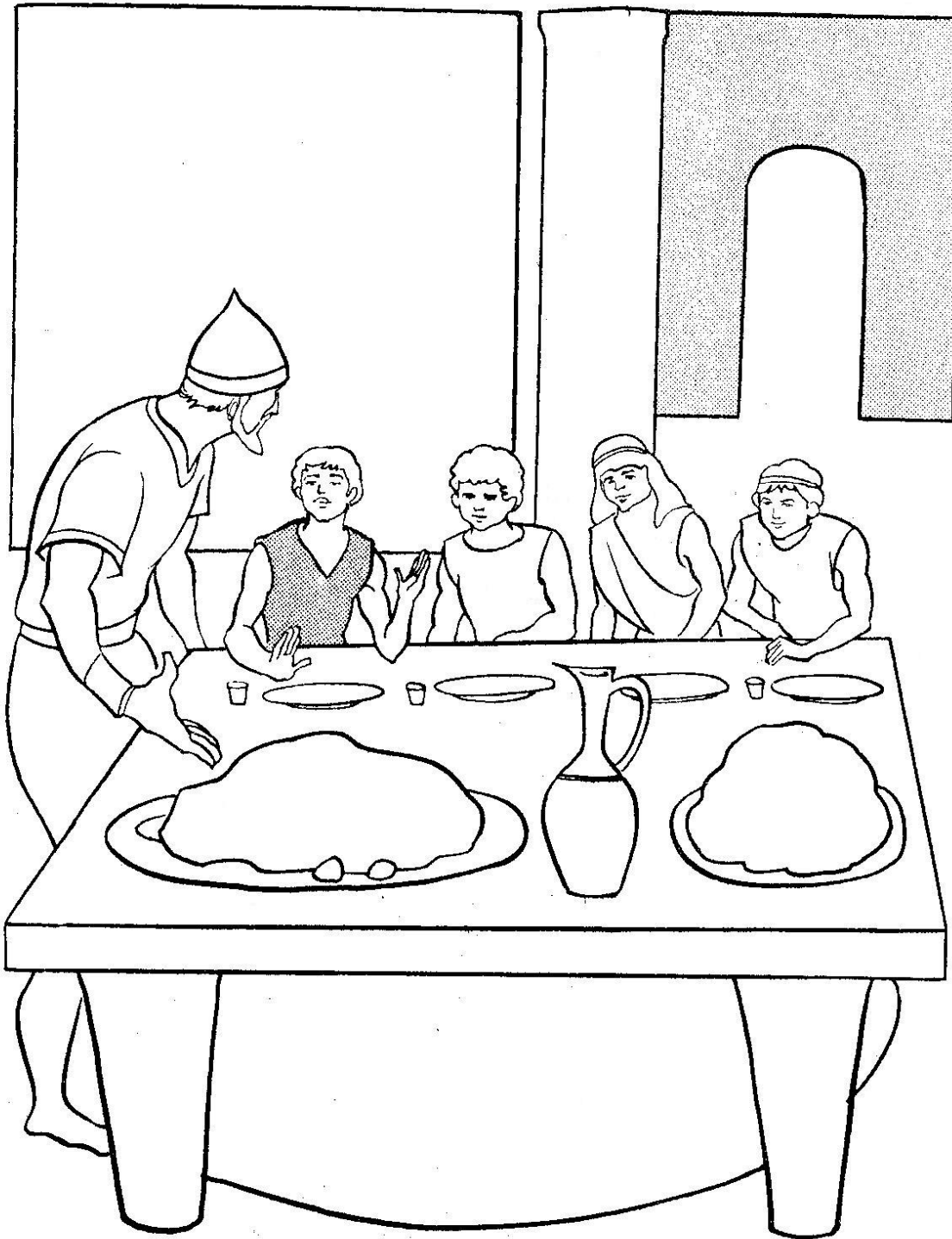
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Circle one area that you will practice being self disciplined in.

TV    homework    food    computer games    exercise    music

Reading    chores    temper    reading my Bible

Other: \_\_\_\_\_



Daniel refused to eat the food served to him, as it was not prepared according to the laws of God.