

RL GROUPS

Grace | God-sized Vision | For Every Generation

Daniel 1

8 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. **9** Now God had caused the official to show favor and compassion to Daniel, **10** 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 then have my head because of you." **11** Daniel then said... **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.



Questions for Discussion

1. Read Daniel 1:1-17.
2. How did Daniel stay separate from the Babylonian culture?
3. Why is physical health important to spiritual health?
4. What is the significance of God becoming human in Jesus?
5. What are some ways 2020 has taken a toll on our physical health?
6. What are some things we should commit to to improve our physical health?

Take time to pray for for one another.