

Lesson 6

Healthy Choices

Daniel 1:3-20; Prophets and Kings, pp. 479-490

Imagine you are very hungry, and you are invited to a banquet. You sit down at the table, and you find wine and unclean foods that you know you shouldn't have. What will you do? Daniel and his three friends faced that problem. Let's see what they did.

King Nebuchadnezzar's army had invaded and conquered Judah. All the young men from the royal family and other important families had been taken to Babylon. Daniel, Hananiah, Azariah, and Mishael were among the young Hebrews.

Nebuchadnezzar's empire was enormous. The king knew that the Hebrew captives had many abilities. So he decided to train some of them for work in his government. They could help rule some parts of his vast empire. But first they had to learn Babylonian ways. They needed to learn the language. They had to learn the way things were done in Babylon.

Daniel and his three friends knew that they were to serve the king. But they decided that God would be first in their lives. They would serve Him first, no matter what happened.

There were many new and interesting things to see in Babylon. Great temples for worshiping idols were everywhere. The young Hebrews saw parks shaded by strange trees and hanging flowering plants. The cities of Babylon were truly beautiful.

After their long journey, everyone looked forward to their first meal in Babylon. They were to eat the best food! It was the same food served at the king's table. Rich roasted meats and sweet wine were on every table.



The sweetest desserts in the whole land were there for all.

All of the Hebrews were delighted with the food. All except Daniel and his three friends. They could not eat it. They knew that this food was not good for them. They also knew that some of the food and wine had been offered to idols.

Daniel and his three friends determined to serve God, no matter what happened. So Daniel asked the officer in charge of all the Hebrews for help. He asked for simple food and water to drink.

Although the king's officer respected Daniel, he refused. He was afraid for his life. King Nebuchadnezzar himself had ordered the meal. If Daniel and his friends didn't eat that food,

The Message

*I serve God when I
choose to be healthy.*

Memory Verse

*“So whether you eat
or drink or whatever
you do, do it all for the
glory of God”*

(1 Corinthians 10:31, NIV).

they might not be as strong as the others. And if that happened, the king might have the officer killed.

But Daniel did not give up. The officer had appointed a steward to watch over Daniel and his friends. Daniel appealed to the steward. “Test us,” he said. “Let us eat simple food and drink only water for 10 days. If we are not as healthy as the others, do with us as you will.”

The steward agreed.

At the end of 10 days the four Hebrews were stronger and more alert than the other captives. With God’s help, they had passed the test. During all three years of their training, they were served simple food and water.

God was pleased with Daniel and his friends. The Bible says God helped them with their studies. He gave them wisdom and understanding. And He gave Daniel the ability to understand dreams.

Daniel served God first. He obeyed God’s rules about eating and drinking. And God rewarded Daniel.

Daniel’s service to Nebuchadnezzar would lead that great ruler to know the true God.

When we put God first, He can use us to show others the great things He can do.



S A B B A T H

DO If possible, take a walk with your family and enjoy the fresh air. Talk about exercise. Why is it important? How much should each family member have? What can each one do for exercise each day?

PRAY Thank God for fresh air.

M O N D A Y

READ Read and discuss Daniel 1:3–20 during family worship.

ASK Ask your parents to tell you about a time they had to make a difficult choice. What did they do?

PRAY Ask God to give you the courage to always to make the right choice.

W E D N E S D A Y

READ Discuss 1 Corinthians 6:19, 20 during family worship. What does it mean to be the temple of God?

DO Find out how much of your body is made up of water.

DO Fan-fold a piece of paper. Draw half a person. Cut around the person, making sure to leave them joined at the hands and feet. Open the paper, and on each person, draw a healthy choice.

PRAY Pray that God will help you keep your body as His temple.

S U N D A Y

DO Write the memory verse on a piece of paper and tape it to a cup. Don't forget to include the reference. Put the cup where you will see it every day. Say the memory verse often during the week. Teach it to your family during worship today.

MAKE If you made a health chart in Sabbath School, be sure to fill it in every day. If not, make a chart and every day note what you eat and drink, when you go to bed, when you get up, and when you exercise. Ask God to help you.

T U E S D A Y

READ Read and discuss Revelation 22:1, 2 for family worship. Where is that river?

DRAW Draw a circle and cut it out (or use a paper plate). On one side, draw a happy face; on the other, a sad face. Which face do you have when you feel healthy?

DO Doctors say that we should drink six to eight glasses of water every day. Find out why water is so important.

DO Where is your nearest water reservoir? If possible, go to see it.

DO Find out how water is purified.

PRAY Thank God for water and the river of life.

Daniel and his friends probably ate vegetables, cereal, beans, dates, and berries.





THURSDAY

- DO** Help plan your Sabbath dinner menu.
- DO** Try to make up a poem, rhyme, or song about good and bad things to eat.
- MAKE** Make a poster or a collage showing healthy foods.
- PRAY** Thank God for good food.

FRIDAY

- DO** Help get ready for Sabbath by cleaning your room.
- ASK** Ask if you can choose a healthy drink for supper tonight.
- DO** During worship, act out the story of Daniel with your family.
- SHARE** Show and explain your health chart to your family. Have you had a healthy week?
- SING** Repeat your memory verse together; then sing "Dare to Be a Daniel" (Sing for Joy, no. 116). Ask God to help you to be brave like Daniel.

Healthy Choices

PUZZLE

Directions: Look at the pictures to find out what we need to keep our bodies and minds healthy. Write your answers on the lines.
