

Read Daniel 1:8-15

**8** But Daniel was determined not to defile himself by eating the food and wine given to them by the king. He asked the chief of staff for permission not to eat these unacceptable foods.

**9** Now God had given the chief of staff both respect and affection for Daniel.

**10** But he responded, "I am afraid of my lord the king, who has ordered that you eat this food and wine. If you become pale and thin compared to the other youths your age, I am afraid the king will have me beheaded."

**11** Daniel spoke with the attendant who had been appointed by the chief of staff to look after Daniel, Hananiah, Mishaël, and Azariah.

**12** "Please test us for ten days on a diet of vegetables and water," Daniel said.

**13** "At the end of the ten days, see how we look compared to the other young men who are eating the king's food. Then make your decision in light of what you see."

**14** The attendant agreed to Daniel's suggestion and tested them for ten days.

**15** 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.

**What did Daniel do when he was offered the same food and wine that the King himself ate and drank (v. 8)?** He didn't want to dishonor God by eating the king's food which was against God's law. So, he asked for permission not to eat it. Daniel's desire was to please God in everything he did.

**How did God help Daniel (v. 9)?** God made the heart of the chief of staff really like and admire Daniel.

**How did the chief of staff respond to Daniel's request (v. 10)?** He was afraid he would be disobeying the king by following Daniel's plan and if they didn't eat the king's food, they would look unhealthy and then the king would have him killed.

**Who did Daniel speak to next (v. 11)?** The attendant who worked for the chief of staff. Daniel kept trying. He was persistent. He wanted to obey God.....by not eating the king's food.

**What did Daniel suggest to the attendant (vv. 12-13)?** That he give them just vegetables and water to eat and then see how they looked after ten days compared to the other young men who ate the king's food. Can you imagine just eating veggies and water?

**How did the attendant respond to Daniel's suggestion (v. 14)?** He agreed to give it a try. God gave Daniel favor with the attendant.

**What happened at the end of the ten-day trial period (v. 15)?** Daniel and his three friends looked healthier and better nourished than the young men who had been eating the same food the king ate.