

Berean Christian Church
Dr. Kerwin B. Lee, Senior Pastor

Bible Study

June 8, 2021

“Becoming Fit for the King”

Daniel 1:8-15

Genesis 49:20 reads, “*Asher will dine on rich foods and will produce food fit for kings.*” (NLT) This verse records Jacob’s last words to his 12 sons. Parents should be willing to do all in their power to help their children live a balanced life. Moms and dads can accomplish this by holistically prioritizing the well-being of everyone in the home. This lesson is designed to share important elements for individuals interested in becoming physically fit on their Christian journey.

Breakdown of Daniel Chapter 1

1. Daniel's <u>Problems</u>	Verses 1-7
2. Daniel's <u>Proposal</u>	Verses 8-14
3. Daniel's <u>Promotion</u>	Verses 15-21

1. **Determination** _____ is of the utmost importance to become physically fit on your Christian journey.
Verse 8
“Daniel made up his mind to eat and drink only what God had approved for his people to eat. And he asked the king's chief official for permission not to eat the food and wine served in the royal palace.” (CEV)

2. **Motivation** _____ is of the utmost importance to become physically fit on your Christian journey.
Verse 8
“Daniel made up his mind to eat and drink only what God had approved for his people to eat. And he asked the king's chief official for permission not to eat the food and wine served in the royal palace.” (CEV)

(Over)

3. **Evaluation** _____ is of the utmost importance to become physically fit on your Christian journey.
Verses 12, 13
“For the next ten days, let us have only vegetables and water at mealtime. 13) When the ten days are up, compare how we look with the other young men, and decide what to do with us.” (CEV)

4. **Participation** _____ is of the utmost importance to become physically fit on your Christian journey.
Verses 14, 15
“The guard agreed to do what Daniel had asked. 15) Ten days later, Daniel and his friends looked healthier and better than the young men who had been served food from the royal palace.” (CEV)

5. **Elimination** _____ is of the utmost importance to become physically fit on your Christian journey.
Verse 16
“After this, the guard let them eat vegetables instead of the rich food and wine.” (CEV)

NOTES