



#4 WATCH YOUR DIET

1. YOUR DIET DETERMINES _____.

Daniel 1:3-7 (NLT) Then the king ordered Ashpenaz, his chief of staff, to bring to the palace some of the young men of Judah's royal family and other noble families, who had been brought to Babylon as captives. "Select only strong, healthy, and good-looking young men," he said. "Make sure they are well versed in every branch of learning, are gifted with knowledge and good judgment, and are suited to serve in the royal palace. Train these young men in the language and literature of Babylon." The king assigned them a daily ration of food and wine from his own kitchens. They were to be trained for three years, and then they would enter the royal service. Daniel, Hananiah, Mishael, and Azariah were four of the young men chosen, all from the tribe of Judah. The chief of staff renamed them with these Babylonian names: Daniel was called Belteshazzar. Hananiah was called Shadrach. Mishael was called Meshach. Azariah was called Abednego.

2. A "DIET" IS A _____.

Daniel 1:8 (NIV) 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.

Joshua 24:14-15 (NIV) "Now fear the LORD and serve him with all faithfulness. Throw away the gods your ancestors worshiped beyond the Euphrates River and in Egypt, and serve the LORD. But if serving the LORD seems undesirable

to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the LORD."

3. CULTURE _____ A _____ "DIET."

Ephesians 2:1-2 (NLT) Once you were dead because of your disobedience and your many sins. You used to live in sin, just like the rest of the world, obeying the devil—the commander of the powers in the unseen world. He is the spirit at work in the hearts of those who refuse to obey God.

1 John 2:15-16 (NLT) Do not love this world nor the things it offers you, for when you love the world, you do not have the love of the Father in you. For the world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father, but are from this world.

What we ingest and digest affect our:

- Thoughts and beliefs.
- Value systems.
- Priorities.
- Views of right and wrong.
- Attitudes.
- Behavior.

4. _____ **THE WORLD'S "DIET" IS ALWAYS THE** _____
_____.

Daniel 1:11-19 (NLT) Daniel spoke with the attendant who had been appointed by the chief of staff... "Please test us for ten days on a diet of vegetables and water," Daniel said. "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." The attendant agreed to Daniel's suggestion and tested them for ten days. 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... God gave these four young men an unusual aptitude for understanding every aspect of literature and wisdom. And God gave Daniel the special ability to interpret the meanings of visions and dreams. When the training period ordered by the king was completed, the chief of staff brought all the young men to King Nebuchadnezzar. The king talked with them, and no one impressed him as much as Daniel, Hananiah, Mishael, and Azariah. So they entered the royal service.

Romans 12:2 (NLT) Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.