

Vegetables and Water

Daniel 1; Deuteronomy 14:3-21

"We cannot eat this food," the young man says. He looks at the meat and wine set on the table before him. It is food that the Lord has told the people of Israel not to eat. Daniel looks at his three friends sitting with him. What do they think?

They also shake their heads. No, they may not eat this meat. But what can they do? This food was specially given to them by the king! Daniel gets up. He will talk to the steward...

Who is this Daniel? Why are he and his friends living in the palace of the king of Babylon?

Daniel and his friends are princes from Israel. Enemy soldiers had marched into their country and captured them. They took Daniel and his friends to their king's palace. There are other young men living there, too, princes from other lands. All these princes will have school there at the palace. And after studying for three years, they will go before the king. He will ask them what they have learned.

But now Daniel is looking at the food on the table. He serves the Lord and does not want to sin against God. Even though the princes from other countries are enjoying the food, Daniel and his friends want to obey God's commandments. They want to remain holy. Perhaps there is water and vegetables that they can eat, instead.



"Please," Daniel asks the steward, "let us try to have water and vegetables for ten days, and then you can see if we look worse than the other young men."

The steward agrees and Daniel and his three friends eat only vegetables and water for ten days. Then they come before the steward. How surprised he is! The Lord has blessed their food and the four young men look stronger and healthier than the others who ate the king's meat and wine.



God also blesses Daniel and his friends in their studying. They learn to speak the language of Babylon, and everything that their teachers teach them.

Three years pass by, and it is time for all the young men to stand before the king. The king asks them questions about all that they have learned. How surprised he is when he hears Daniel and his friends give their answers. How much they know! How well they understand all things! The king finds that Daniel and his friends are far wiser than all the other wise men in his kingdom.

1. Who would not eat the king's meat and wine?
2. Daniel's dad and mom wouldn't see him if he ate the king's meat, but who would see him (Psalm 139:1-12)?
Who did Daniel want to obey?

3. What did Daniel ask to eat, instead? (Water and _____).

4. Daniel and his friends still grew healthy by eating only vegetables. Who was blessing their food to their bodies? Should we ask the Lord to bless our food when we eat? Did Jesus? (Matthew 6:11; and 14:19)

5. Maybe you know all the days of the week and the months of the year. You are studying hard! Daniel and his friends studied hard, too, but who made them wise? Can we ask God to make us wise in our hearts, too? Read the three parts of Psalm 119:73 and tell what we may ask for, and why.