Session 07 | KEY TEXT: Daniel 1:8-21

FAITHFULNESS IN EXILE

CENTRAL TRUTH

In today's passage, Daniel and his friends find themselves in a new, strange land with new names. Yet Daniel and his friends stand firm in their beliefs, trusting the Lord even when it could be costly. Their faithfulness teaches us that **we must be faithful to the Lord, even when we suffer.**

KEY QUESTION

Why was Daniel so determined to not eat the king's food and "defile" himself?

Scholars don't agree about whether Daniel refused to eat this food because it was unclean according to the Mosaic law, because the food had been offered to idols, or as a symbol that he refused to be dependent on this foreign ruler. Yet, his determination revealed his commitment and allegiance to the one true God while in a foreign land.

KEEP IN MIND

- In culture that is obsessed with fad-diets and trends society, students might assume that Scripture is prescribing a diet for us. However, the food Daniel and friends ate is not the focus of this passage. Instead, the focus is that the Lord is the One who cared for and provided for them.
- In God's kindness, He gifted Daniel and his friends—allowing them to rise in the ranks in King Nebuchadnezzar's court. As you lead group this week, help students reflect on the various ways that the Lord has gifted each of them. Encourage them to identify ways that they can use their gifts to bless those around them.

APPLICATION

This week, how can we pray for each other to remain faithful to the Lord?

THE WIN

FOR THE STUDENT: Remind students that rather than compromise on what we believe, we're called and empowered by the Lord to follow Him—even when it's difficult.

FOR THE LEADER: So that students develop a Daniel-like determination, encourage them to read and internalize the truth of God's Word. God's Spirit helps us live out the truth courageously.

LEADER TRAINING

Winter 2025-26

7 ARROWS

- What does this passage say?
- What does this passage tell us about God?
- What did this passage mean to its original audience?
- How does this passage change the way I relate to people?
- What does this passage tell us about the human heart?
- How does this passage prompt me to pray?
- What does this passage demand of me?