

Daniel Finds Nourishment & Wisdom in God *as found in Daniel 1:3-6, 8, 11-15, 17, 20*

Setting: Babylon

Characters with speaking parts:

- **Narrator**
- **King Nebuchadnezzar**
- **Melzar**, the king's attendant to watch over Daniel and the other royal trainees
- **Daniel** (called Belteshazzar in the Babylonian royal court)

Non-speaking roles:

- Ashpenaz, the king's chief of staff
- Hannaniah (called Shadrach in the Babylonian royal court)
- Mishael (called Meshach in the Babylonian royal court)
- Azariah, (called Abednego in the Babylonian royal court)

King Nebuchadnezzar: Ashpenaz, bring a few of the best and brightest of the captive young men from Judah's royal family into my palace, along with other children of other noble families, who we brought to Babylon as captives. Those you choose must be healthy, good-looking, strong and gifted in their ability to learn. As you train these young men in the language and literature of Babylon, give them a daily ration of our best food, with lots of meat and wine from my own kitchens so that they can grow stronger and smarter. In three years, they will be the smartest and strongest men we have to enter into my royal service.

Narrator: So Ashpenaz, the chief of staff, brought four children of Israel to live in the king's palace: Daniel, Hannaniah, Mishael, and Azariah. But Daniel knew that his health, strength and wisdom came from God, and asked permission not to eat the King's meat and wine that were unacceptable foods to him and the children of Israel. So Daniel said to Melzar, the attendant who had been appointed to take care of them:

Daniel: Let us have ten days where we don't eat the king's meat and wine, but instead eat pulse (food made of vegetables and grain) and water. Then, at the end of the ten days, if we do not look stronger and healthier than all of the princes and sons of the king, make your decision in light of what you see.

Melzar: All right, you can do this for ten days, but then I'm coming to see which of you looks the best-nourished and healthiest!

Narrator: For ten days, Daniel and the other boys only ate food made from vegetables, grain, and water, and continued to pray to God and to continue to trust Him as their real source of health, wellness and strength. And at the end of the ten days, Melzar came to check on them and on all of the other young men.

Melzar: I can't believe it, but Daniel, Hannaniah, Mishael, and Azariah look to be the healthiest and best nourished kids out of everyone! You four can continue to eat a diet of vegetables and water, and not the king's meat and wine.

Narrator: God continued to give these four young men strength and wisdom. And in every matter requiring wisdom and balanced judgment that the king asked of them, he found them ten times more capable than any of the other advisors and magicians in his entire kingdom.

Daniel: I know that my strength, health, and wisdom come from God, and I will always have faith in Him and boldly follow His laws in all my thoughts and actions.

Follow Up Questions:

- 1) Where does our supply of health, wisdom and well-being come from?
- 2) How does this story apply to this week's subject of the lesson, 'Substance'?
- 3) By trusting in God, how did the young men of Judah see that God would supply everything that they needed?
- 4) How do you put your faith in God, and what examples can you give of a time when God gave you good health and everything that you needed, when you needed it?