REVEAL Tools to support community transformation

A wise choice of diet

? Why use this Bible study?

This Bible study can help us explore whether what we eat has an impact on ourselves and those around us.

📖 Obedient to God

Read Daniel 1:1-7. This story comes from a time when Judah was invaded and captured by the Babylonian king, Nebuchadnezzar. He wanted to teach people in the country he now controlled about his own culture and religion.
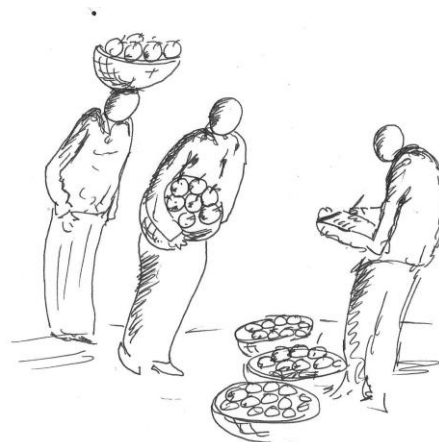
🔑 Key points

Daniel and his friends considered obedience to God more important than obedience to the king. This had benefits for their spiritual health and also their physical health.

Questions for discussion

- Why did King Nebuchadnezzar want to train some young Israelites to become officials in his service? Discuss how he planned to do this.
- Who was chosen for this training?
- Despite his young age, Daniel wanted to make it clear he did not want to lose his own beliefs and traditions as a Jew.
- **Read verses 1:8-17.** Why do you think Daniel and his friends did not want to eat the royal food and wine? Can you think of any problems that come from eating rich food and wine?
- How did Daniel deal with the official who was unhappy with his refusal to eat the King's food?
- What were the long-term results of the decision made by Daniel and his friends that we read about in verse 17?

Awareness-raising

Children & youth

Climate & environment

Conflict & peace-building

Corruption & governance

Disaster risk management

Discrimination & inclusion

Food & livelihoods

Gender & sexual violence

Health & HIV

Influencing decision-makers

Migration & trafficking

Water, sanitation & hygiene

Notes

This Bible study was first published in Tearfund (2003) *PILLARS – Healthy Eating*
http://tilz.tearfund.org/en/resources/publications/pillars/healthy_eating/

Related tools
- B – God's provision of healthy food (Bible study) *[B: Food & livelihoods-2]*
- C2 – Developing rural home gardens *[C2: Food & livelihoods-8]*
- C2 – Developing urban home gardens *[C2: Food & livelihoods-9]*
- C2 – Poultry keeping *[C2: Food & livelihoods-3]*
- C2 – Keeping livestock *[C2: Food & livelihoods-2]*
- C2 – Processing and preserving fresh produce *[C2: Food & livelihoods-11]*

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