



"And now I am no more in the world,
but these are in the world..." (John 17:11).

Use this recent news story to help your students see the relevance
of this week's lesson from the Standard Lesson Commentary®
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FEASTING . . .

For most of us, the period from Thanksgiving Day through the end of the year is a time of feasting and celebration. Indulgence is the name of the game. Then, when the football games and parades of New Year's Day are over, we face the time of reckoning. We realize we need to deal with those extra pounds and inches we have gained while we feasted. The second week in January sees more health club memberships purchased than any other week in the year, but within one month, 80% of the New Year's resolution crowd has dropped out.

. . . AND FASTING

Daniel had been invited to perpetually feast at the king's table, but he realized that a life of indulgence was not good for his health. However, it was more than a matter of not eating food which might harm him. The text says Daniel did not want to "defile" himself—a term that implies he saw a spiritual element to the king's demand that he was not willing to accept.

1. What is your experience with New Year's resolutions to improve your lifestyle? Have you succeeded? For how long?
2. Why do you think most people fail in their resolve to improve their eating and exercise habits, whether in January or at any other time?
3. Is proper diet and exercise a matter of honoring God? What biblical passages contribute to your opinion?
4. Does lack of good health habits indicate a spiritual problem? Why or why not?
5. Have you ever experienced a demand such as Daniel did which placed your life-situation in jeopardy? Explain.

—Charles R. Boatman

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