

# Unshakable

The king assigned them a daily ration of food and wine from his own kitchens. They were to be trained for three years, and then they would enter the royal service.

But Daniel was determined not to defile himself by eating the food and wine given to them by the king. **Daniel 1:5,8 (NLT)**

- Health reasons – rich food isn't always best.
- Cultural reasons – Kosher food for the Jewish people.
- Spiritual reasons – it was an attack on his identity.

## 1. Integrity – He never forgot who he was.

Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your mind. Then you will be able to know the will of God—what is good and is pleasing to him and is perfect. **Romans 12:2 (GNT)**

## 2. Discipline – He controlled his ego and his appetite.

Daniel made up his mind not to eat the food and wine given to them by the king **Daniel 1:8**

Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God. **Romans 6:13 (NLT)**

## 3. Courage: He was willing to stand alone.

Be on guard. Stand firm in the faith. Be courageous. Be strong. **1 Cor 16:13 (NLT)**

## 4. Humility: He was tactful with authority.

**Daniel 1:8-20**

### For your small group:

1. Has there been a time in your life when you felt under pressure to conform to something you knew was wrong?

Have someone read **Colossians 3:1-14** from **The Message** translation. Share together your immediate thoughts on this passage – you might want to read it again.

2. What are the biggest temptations for you in terms of compromising your integrity – is it money, reputation, social acceptance, or something else?
3. Which of the four character traits that Daniel displayed do you find the most challenging?

Take time to pray together – thanking God for the evidence you see of these character traits in each other's lives and praying that God will help us all to grow up to be mature Christians, marked out by these qualities.