

### THE TAKEAWAY

Godly resolve helps Christ-followers stay strong when the world is against them.

### OPENING QUESTION

If you could only eat one food for ten days, which would you pick? Why?

### READ

Daniel 1:1–17

### WHAT THE BIBLE HAS TO SAY ABOUT IT

There's resolve, and there's godly resolve. Normal resolve is like your typical New Year's Resolution—a well-intentioned commitment that you end up forgetting by Valentine's Day. Godly resolve is a lasting commitment to God, powered by God. It focuses on what's most important and has the power to endure in hard times because God gives his people strength.

Typically, it's easy to forget what's important when life is hard. We forget the combination to our locker when we're late to class. We forget that our parents love us when we're grounded.

In the following story, the Israelites had forgotten God. They ignored his commands, and as a result they were invaded and taken captive to Babylon, 600 miles away from home.

Daniel was caught in the middle. He's not only a prisoner, but he's selected to be a servant of the king. As conquerors usually do, the king wanted his captives to shed their culture and become full-blown Babylonians. So he gave them new names, ones that praised Babylonian gods. He gave them a new diet, filled with food God had forbidden. He taught them to ditch their heavenly King for Babylonian gods and ideas.

Daniel was in a rough position. But instead of becoming someone he wasn't, he committed to God.

**Read Daniel 1:1–17** to see how Daniel stayed strong when the world was against him.

#### Discuss:

- Why would Daniel bother going against the grain?
- How does God take care of Daniel after he makes his risky decision?
- Daniel holds onto his identity as a God-fearing Israelite. What identity does Jesus give you to hold onto?
- What's your Babylon—the area of your life that tempts you to forget who you are in Christ?

### APPLY IT

Think of one example of "king's food" in your life. What's one change you can make today to stay strong and recommit to God instead?

What are you going to do?

When are you going to do it?

Is there someone who can keep you accountable?

### MEMORY VERSE

"But Daniel resolved that he would not defile himself with the king's food, or with the wine that he drank."  
Daniel 1:8 (ESV)

### ON YOUR OWN...

Prayer doesn't always come easily. Sometimes we need help to know when to pray, how to pray, and what to pray about. This week, use Arrow Prayers to seek God for his strength and resolve.

### ARROW PRAYERS

Arrow Prayers are short prayers you can "send up" to God when you need to remember he's there. In Nehemiah 6:9, enemies try to convince Nehemiah that he's too weak to do God's work, so he prays, "God, strengthen my hands." This is a great arrow prayer: short, simple, and connected to an immediate need.

List three daily situations where it is hardest to be resolved and committed to God. Write a short prayer for each. Try saying them each day this week, and see if you remember God's presence more than you did before.

SITUATIONS

ARROW PRAYERS

### MY NOTES: