Self-control

But Daniel purposed in his heart that he would not defile himself with the portion of the king’s meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. Daniel 1:8.

The lesson here presented is one that we would do well to ponder. A strict compliance with the Bible requirements will be a blessing both to body and soul. The fruit of the Spirit is not only love, joy, and peace, but temperance also. We are enjoined not to defile our bodies; for they are the temples of the Holy Spirit.

The Hebrew captives were men of like passions with ourselves. Amid the seductive influences of the luxurious courts of Babylon, they stood firm. The youth of today are surrounded with allurements to self-indulgence. Especially in our large cities, every form of sensual gratification is made easy and inviting. Those who, like Daniel, refuse to defile themselves will reap the reward of temperate habits. With their greater physical stamina and increased power of endurance, they have a bank of deposit upon which to draw in case of emergency.

Right physical habits promote mental superiority. Intellectual power, physical stamina, and length of life depend upon immutable laws. Nature’s God will not interfere to preserve men from the consequences of violating nature’s requirements. He who strives for the mastery must be temperate in all things. Daniel’s clearness of mind and firmness of purpose, his power in acquiring knowledge and in resisting temptation, were due in a great degree to the plainness of his diet, in connection with his life of prayer....

The history of Daniel and his youthful companions has been recorded on the pages of the Inspired Word, for the benefit of the youth of all succeeding ages. Through the record of their fidelity to the principles of temperance, God is speaking today to young men and young women, bidding them gather up the precious rays of light He has given on the subject of Christian temperance, and place themselves in right relation to the laws of health.—The Youth’s Instructor, July 9, 1903.

*This devotional is taken from Ye Shall Receive Power by Ellen G. White.*