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 first chapter of Daniel teaches the lesson that what we eat and drink has an influence upon the powers of the mind, and that if we would have healthful bodies and clear minds, we must be careful of our diet. If we are careless in this matter and eat simply to gratify taste, the digestive organs are impaired and the brain is confused, and neither can act their part as fully as God intended they should....

Daniel and his companions determined to banish from their diet everything that would defile, and a power from above worked in harmony with their efforts. As a result they had the privilege of following their own course in the obtaining of their education. And the education they gained was better than that gained by any of the magicians, astrologers, or wise men in all the king's realm.

Those who desire to come into right relation to God need to study Daniel's plan. That was a sum proved. You may take the sum and prove it also. There are many who think that those who adopt health reform suffer a loss of physical strength, but if these would test the matter for themselves, they would change their minds on this point....

Daniel stood in a very responsible position in the kingdom of Babylon. There will always be those who will occupy positions of lesser responsibility; but whatever our work, our example may be...
such that it will lead others in to right paths. We need to humble ourselves before God and pray to Him, and trust in Him....

We cannot afford to miss any opportunity for perfecting a Christian character. Whatever experience may come to others, remember that you, in your lot and place, will be tested by God. There will be times when you will be placed in unfavorable positions, but at such times plead with God, trust in Him, and walk in simple faith before the Lord. Then angels of heaven will impress your minds. Let not your minds be filled with self and self-interests.

The Lord is looking upon us in mercy and love today. Who will follow out the will of the Lord? Who will study to overcome the hasty temper, remembering that the words they speak are spoken in the hearing of heavenly angels? These heavenly agencies are continually ministering to us.—Manuscript 73, August 27, 1909, "Lessons From the First Chapter of Daniel," sermon preached at Council Grove camp meeting.

This devotional is from The Upward Look by Ellen G. White. To download free books by Ellen G. White, visit www,egwwritings.org.
Spam
Not spam
Forget previous vote