March 8, 2026

Watching Our Consumption

Daniel 1:8-17; 1Timothy 4:7-8

LESSON AIM: To understand that steady, deliberate spiritual devotion produces enduring impact—strength for life's challenges and hope for eternal life.

KEY VERSE: *"Train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."*

- 1 Timothy 4:7b-8

CONCEPTS

1. A steadfast commitment to God can lead to divine favor and success.

   (vv. Daniel 1: 8-9)
2. God honors our faithfulness and obedience over cultural pressures and personal comfort. (vv. Daniel 1:11-12)
3. Faithfulness to God brings favor, wisdom, and strength for every challenge. (vv. Daniel 1:15-17)
4. Prayer, Bible reading, and living right is what truly matters for eternity. (v. 1 Timothy 4:7a)
5. Spiritual discipline brings eternal gain far beyond any temporary physical benefit. (vv. 1 Timothy 4:7b-8)