

Sunday School Live Lesson

March 8, 2026

Watching Our Consumption

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

1

Instructor: Ralph Gordon

Previous Sunday School Live Lesson

March 1, 2026

Loving God, Loving Others

Mark 12:28-34; James 2:14-17

2

Instructor: Ralph Gordon

NEXT Sunday School Live Lesson

March 15, 2026

Giving to the Community

**Deuteronomy 15:4-11;
Matthew 25:42-45**

3

Instructor: Michael McCants

TODAY'S Sunday School Live Lesson

March 8, 2026

Watching Our Consumption

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

4

Instructor: Ralph Gordon

Question for Us Today

March 8, 2026

5

How do you respond when others pressure you to “go along with the crowd?”

Sunday School Lesson Objective

March 8, 2026

6

To understand and internalize God's messages for us today through these passages of Scripture, in the Book of Daniel and in the first Pauline Epistle to Timothy.

Sunday School Lesson Segments – 1

March 8, 2026

1. Bibliography

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2. Points of Information: Daniel, 1 Timothy

Sunday School Lesson Segments - 2

March 8, 2026

3. Lesson Context

4. Lesson Text

5. Remember This

Bibliography - 1

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Points of Information – Daniel

As a teenager, Daniel was taken into Babylonian captivity (with his 3 young friends) by King Nebuchadnezzar.

15

Daniel's life and spiritual service spanned the 70 years of Babylonian captivity for the Jews.

Daniel was distinctive for his spiritual prescience (wisdom and foresight), prayer (seeking God's favor and direction) and praise (with his humility and gratitude).

Points of Information – Daniel

Jesus cited Daniel as a prophet. Matthew 24:15.

Daniel courageously refused the name change, dietary regimen and prayer prohibition which the captive cultures tried to impose upon him.

16

Daniel's ability to interpret dreams and signs served as a vehicle for delivering messages to the rulers of the Babylonian and Medo-Persian empires.

Points of Information – Timothy

Timothy was a protégé and spiritual son to the Apostle Paul.

17

According to the Apostle Paul, Timothy's mother (Eunice) and grandmother (Lois) were women of faith. Thus, he was raised in a God-fearing home. 2 Timothy 1:5.

Points of Information – Timothy

The two Pauline letters to Timothy, along with one to Titus, are known as Pastoral Epistles.

18

The Apostle Paul gave significant responsibility to Timothy, including having his spiritual son serve as the pastor of the church in Ephesus.

Watching Our Consumption

Lesson Context – Daniel 1

19

The Babylonian ruler, Nebuchadnezzar, led his army to overthrow the kingdom of Judah.

Having overthrown this southern kingdom (including Jerusalem), the Babylonians exiled the Jews in three separate waves.

Watching Our Consumption

Lesson Context – Daniel 1

20

Daniel and his three friends were taken to Babylon in the first wave of exile.

By order of the king, those taken to Babylon were to be assimilated into its culture.

Daniel 1:8 [NIV]

But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself in this way.

Daniel 1:9 [NIV]

Now God had caused the official to show favor and compassion to Daniel,

Daniel 1:10 [NIV]

but the official told Daniel, “I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? The king would then have my head because of you.”

Daniel 1:11 [NIV]

Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah,

Daniel 1:12 [NIV]

“Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink.

Daniel 1:13 [NIV]

Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see.”

Daniel 1:14 [NIV]

So he agreed to this and tested them for ten days.

Daniel 1:15 [NIV]

At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food.

Daniel 1:16 [NIV]

So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.

Daniel 1:17 [NIV]

To these four young men God gave knowledge and understanding of all kinds of literature and learning. And Daniel could understand visions and dreams of all kinds.

Watching Our Consumption

Lesson Context – 1 Timothy 4

31

The Apostle Paul had appointed Timothy to pastor the church in Ephesus.

Separately, Paul had communicated with the church through his letter to the Ephesians.

Watching Our Consumption

Lesson Context – 1 Timothy 4

32

The Ephesian church was experiencing difficulties, largely brought on by false teachers.

Paul urged Timothy and the congregation to retain Godliness as the priority in their lives.

1 Timothy 4:7 [NIV]

Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly.

1 Timothy 4:8 [NIV]

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.

Remember this:

It is crucial for us to maintain our faith and trust in the Lord – even if and (*especially*) when we are in difficult circumstances.