

Purposed in His Heart



Daniel 1 · This week: There Is No Other God That Can Deliver, Daniel 1–7

In the manual: **Come, Follow Me lesson 46, “There Is No Other God That Can Deliver,” on Gospel Library**

START

Daniel was one of the young captives Babylon chose to train for the king’s service (Daniel 1:3–6).

READ TOGETHER

Babylon gave the young men new names, new lessons, and food from the king’s own table (Daniel 1:4–7). The plan was to make them into Babylonians in three years.

DANIEL 1:8

⁸But 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 1:15–17

¹⁵And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king’s meat. ¹⁶Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse. ¹⁷As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.

WHAT IT TEACHES

“Daniel purposed in his heart that he would not defile himself” (Daniel 1:8). He made up his mind before he ate any of it. A choice made ahead of time is easier to keep when the pressure comes.

The king’s food likely broke the law of Moses or had been offered to Babylon’s gods. Daniel asked politely, and he offered a test. “Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink” (Daniel 1:12). Pulse means plants grown from seed, like vegetables and beans.

After ten days the four young men looked healthier than everyone who ate the king’s food (verse 15). Then “God gave them knowledge and skill in all learning and wisdom” (verse 17). The Lord promises health, wisdom, and hidden treasures of knowledge to all who keep the Word of Wisdom and obey his commandments (Doctrine and Covenants 89:18–21).

TALK ABOUT IT

What is one choice you could decide ahead of time, the way Daniel did, so it is already settled when someone pressures you?

TAKE TO CHURCH

Daniel purposed in his heart before he tasted the king’s food. Deciding ahead of time is one way we show the Lord that we trust him.