



As the discussion leader, here are a few things to keep in mind for your Life Group:

- **Pray** for your group discussion time!
- **Review** your notes from Sunday's message and familiarize yourself with the discussion questions prior to your group meeting.
- **Choose** a few questions from the guide which you feel will generate the most discussion in your group. For questions with multiple parts, answer the first part before reading the next part to the group. These questions are designed to build on the answer of the previous part before moving on.

Getting to Know Me

Have you been in a situation where you felt compelled to stand up for what you believed in, despite a perceived negative outcome? Share your experience.

Exploring the Word – Daniel 1:6-21

1. As you listened to the message, what points stood out?
2. Read Daniel 1:1-7. Why were Daniel, Hananiah, Mishael, and Azariah brought to Babylon? What did they end up being trained for?
3. Read Daniel 1:8-16. Why was Daniel opposed to eating the food and wine given to him by the king? How did he handle the situation? Why did he wait until this moment to resist the Babylonian culture?
4. Read Daniel 1:17-21. Even though it involved risk, Daniel chose to obey God. What did God give Daniel, Hananiah, Mishael, and Azariah as a result of their obedience?
5. Why does being obedient to God require taking risks at times? In what area(s) is God calling you to obedience? What is the potential impact of your obedience in these areas?
6. Have you chosen to participate in the Daniel Fast, Bible-reading challenge, or committed to eating three meals per week with your family? If so, what are your reasons for doing so? What do you perceive will be your greatest challenges and what strategies can you use to overcome them?



Daniel 1:6-21

I. Biblical fasting impacts our culture (vv. 6-7)

- We impact culture through fasting for people in our social circles.
- Daniel was enculturated.
- The Bible transcends and interprets culture.

II. Biblical fasting is conducted from within the culture (vv. 8-10)

- Daniel excelled in cultural immersion.
- Spirituality apart from affectionate understanding is unrelatable and ineffective.
- Christians are culturally exclusive with God's identity and worship.
- Christians seek to understand how to live as Christians in culture, not apart from it as a sub-culture.

III. Biblical fasting detoxifies (vv. 11-16)

- Fasting detoxifies our thinking from embracing cultural idols.
- Our culture is toxic with self-worship.
- Fasting is personal and private.

IV. Biblical goals for fasting (vv. 17-21)

- The Bible incarnates principles through narrative.
- Christians can fast for favor with others.
- Christians can fast for understanding.
- Christians can fast for spiritual insight, depth and health.