

Magnolia Missionary Baptist Church of Beaumont
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Unit I: Fulfilling Our Obligations to Neighbors

Subject: Physical and Spiritual Fitness

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

Key verse: Refuse profane and old wives' fables, and exercise thyself rather unto godliness. For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come (1 Timothy 4: 7-8, KJV).

Lesson Pointers:

- 1) Daniel's Resolve and Boldness (Daniel 1: 8-14)
- 2) The Proof is in the Pudding (Daniel 1: 15-17)
- 3) Godliness is the Way to Go (1 Timothy 4: 7-8)

Introduction:

Spiritual health is inseparable from physical health, and emotional well-being. Just as you exercise your physical body, it is just as important to exercise your spiritual body as well. Because bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come. Now as the Scripture states in Philippians 4: 13, "I can do all things through Christ which strengtheneth me." When one exercises their spiritual body, which is godliness, as well as their physical body, their lives, bodies, and spirits will improve.

Lesson Pointer # 1

- Daniel's Resolve and Boldness (Daniel 1: 8-14)

It was Daniel's decision to refuse the king's food, and was guided by his spiritual conviction, and not by preference. Several factors played a part in the decision that Daniel made. Daniel purposed in his heart that he would not eat the king's food being offered unto him, because he would not defile himself by eating unclean meat being served to him because of Israelite Law; second, the meat had not been drained of blood, as the Israelite's Law required it; third, the food had been sacrificed to idols; if Daniel ate the meat he would have violated the covenant Law. So, 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). GOD gave Daniel boldness for his confidence in HIM, and GOD favored Daniel (Daniel 1: 9). But the eunuchs were afraid of the his lord king, who had appointed the meat and drink; saying, why should the king see your faces worsen than the children which are of your sort; this shall put me endanger of my head to the king (Daniel 1:10). So, Daniel persuaded the eunuchs to allow him, Hananiah, Mishael, and Azariah to be tested against the other children who ate the king's portion of meat and drink, and then let their countenances be looked upon before thee, and the countenances of the children that eat the portion of the king's meat, and as the eunuchs sees, deal with us (Daniel 1: 10-13). Daniel proposed to the eunuchs ten days of vegetables and water; so the eunuchs consented to them in this matter, and proved them ten days (Daniel 1:14).

Lesson Pointer # 2

- **The Proof is in the Pudding (Daniel 1: 15-17).**

It is true of that old saying, “the proof is in the Pudding,” Daniel and his three friends at the end of the ten days looked healthier than the children who ate of the royal food (Daniel 1: 15). The eunuchs Melzar saw how much better their skin complexion were, and how much stronger, and how much more energy Daniel and his three friends had, that he took away the portion of their meat, and the wine that they should drink; and gave them pulse (Daniel 1: 16). Now, because Daniel, and his three friends faith in the LORD were strong, GOD gave them knowledge and skill in all learning, and wisdom: and Daniel had understanding in all visions and dreams (Daniel 1: 17). Now you see that the Proof is in the Pudding.

Lesson Pointer # 3

Godliness Is the Way to Go (1 Timothy 4: 7-8).

Paul understood the discipline of an athlete in his time. Paul let it be known that while physical training had value, spiritual training was far greater. Just like Paul as he stressed that godliness required intentional effort; reading Scripture. Prayer, and fasting are spiritual disciplines that strengthen the believers; it is Scripture that fills the mind with GOD’S Words, showing HIS will and reminding believers of HIS promises (1 Timothy 4: 7). Paul lets us know that Prayer opens a conversation with GOD, and gives direction, comfort, and strength to the believers lives. Fasting sharpens focus, and helps believers to rely more fully on GOD. Paul also lets us know that physical discipline benefits for a time, but godliness or spiritual training carries eternal value. So, we as believers are to exercise our souls as diligently as the body; for bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come (1 Timothy 4: 8).

Physical and Spiritual Fitness!

Nuggets of the Lesson:

- 1) **Have Faith in GOD and stand firm, and be guided by your spiritual conviction.**
- 2) **GOD will give you the boldness to speak, and GOD will grant you HIS favor.**
- 3) **When your faith in GOD has been tested, and you hold fast to GOD’S words; GOD will give you knowledge, understanding and wisdom in all things.**
- 4) **While physical training has value, spiritual training has far greater value.**
- 5) **Prayer and fasting are spiritual disciplines that strengthen the believers.**
- 6) **Scripture fills the believers mind with GOD’S Words.**
- 7) **Scripture also reminds believers of GOD’S promises.**