



Today's Promise (#91) — KJV

Proverbs 20:1 "Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise."

Proverbs 23:29, 31–32 "Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes? ... Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder."

Apply the Promise!

God warns us that alcohol and strong drink are dangerous traps! They promise fun, but they end up bringing deep sorrow, foolish choices, and painful consequences.

Bible Story (Genesis 9)

After the flood, Noah and his family stepped out of the ark into a renewed world. God gave them a rainbow and promised never to destroy the earth with a flood again.

Noah was a righteous man who obeyed God during a wicked time in history. He began working the land and planted a vineyard. But when the grapes grew and produced wine, Noah made a foolish choice. Instead of being careful, he drank too much wine and became drunk.

The alcohol clouded his mind and caused him to lose control of his actions. He ended up lying uncovered and exposed inside his tent.

When his son Ham walked into the tent and saw him, it created a painful problem for the family. Noah's dignity was ruined, and it led to a heavy curse being placed on his grandson Canaan.

This sad story shows that even a faithful person can fall when appetite and self-control are not guarded. Noah had trusted God through a flood, but wine brought him into weakness and dishonor.

The Bible does not tell this story so we will laugh at Noah, but so we will learn from his fall. Alcohol can make wise people act foolishly and can bring pain to families.

This story teaches us to stay far away from things that cloud the mind and weaken the will. God wants us to have clear thoughts, strong self-control, and homes protected from the sorrow that alcohol can bring.

True Story

Cristiano Ronaldo became one of the most famous soccer players in the world. His speed, strength, and skill made him known across many countries, but his success did not come from careless living.

Cristiano grew up in Madeira, Portugal, in a family that knew hardship. His father struggled with alcohol, and later died from an alcohol-related liver illness when Cristiano was only twenty years old.

Cristiano saw that alcohol does not only hurt the person drinking it; it can bring sadness to an entire family. That pain helped him understand that some things are not worth experimenting with. Seeing the damage alcohol could bring left a deep mark on him. Ronaldo has said that he does not drink alcohol. For an athlete surrounded by fame, money, celebrations, and pressure, that choice stands out.

Many people might expect a world-famous sports star to join parties and follow whatever others are doing. But Ronaldo has been known for strict training, careful eating, and protecting his body for the work he wants to do.

His choice cannot erase the pain his family experienced, but it shows the wisdom of recognizing danger and turning away from it. Alcohol had brought sorrow close to his home, and he chose a different path.

Ronaldo's story helps us see why God's warning is loving. Strong drink does not make people stronger. It can steal clear thinking, self-control, health, and family happiness. The wisest choice is to stay far away from it.

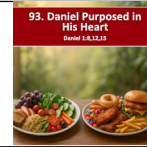
Discussion Questions:

- What did Noah plant in the ground after he left the ark?
- Why does Cristiano Ronaldo completely refuse to drink alcohol?
- Proverbs says wine "is a mocker" because it promises fun but delivers pain. Have you ever eaten way too much candy expecting it to be great, only to end up with a terrible stomachache?

Activity:

Show how alcohol takes away our self-control! Smear a thin layer of petroleum jelly (Vaseline) over the lenses of cheap plastic glasses or swimming goggles. Have a child put them on and try to walk a perfectly straight line on the floor or catch a tossed ball. They will stumble and miss! Talk about how strong drink severely clouds our minds and causes us to lose physical control, just like it did to Noah in the tent.

Appetite — Day 3



 Listen to
Scripture Song:



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Daniel 1:8, 12, 15 "But 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... Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. ... And 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."

Apply the Promise!

God designed our bodies to run on healthy, clean food! When we boldly control our appetites and choose good fuel over sugary junk, He blesses us with a sharp mind and a strong body.

Bible Story (Daniel 1)

When King Nebuchadnezzar conquered Jerusalem, he captured the healthiest young men from Israel and brought them to Babylon. Among these captives were four teenagers named Daniel, Hananiah, Mishael, and Azariah.

The king wanted to train them to work in his palace. To ensure they grew strong, he ordered them to eat his royal food. This was a daily feast of meats, desserts, and wine. For most captives, eating the king's food felt like a reward.

But Daniel knew the king's rich food went against God's health laws. Daniel made up his mind that he would not defile himself with food and drink that went against God's way. Instead of giving in to his appetite, Daniel asked the chief official for permission to eat a different diet.

He respectfully asked for a simple test. He requested only vegetables, beans, and grains to eat, and water to drink for ten days.

The officer was nervous, but he allowed the test. At the end of ten days, Daniel and his friends looked healthier than the young men who ate the king's rich food.

God blessed their faithfulness. Their simple, self-controlled choices helped keep their bodies strong and their minds clear. Later, the king found them wiser than all the others.

This story teaches us that appetite is not supposed to rule us. When we choose strengthening food and obey God even in small daily choices, we are better prepared to think clearly, stand bravely, and serve Him well.

True Story

In 1997, a correctional facility in Adelanto, California, tried something unusual. Many of the inmates had struggled with anger, fighting, and broken lives, and the leaders wanted to see whether a different kind of program could help.

The program did not only change the food, but food was a major part of it. In one housing unit, inmates were offered a completely plant-based diet with fruits, vegetables, whole grains, beans, and other simple foods.

At first, some people doubted it would work. They thought the inmates would reject the meals or become angry without the heavy, processed foods they were used to. But many men chose to join the program.

The meals were not meant to punish them, but to give their bodies better fuel. Day by day, the men were practicing self-control every time they chose the healthier food.

Over time, reports from the facility described calmer behavior and fewer problems among the men in the program. They were also given Bible study, job training, and help with anger, so the change was not food alone.

Still, the experiment showed an important lesson: what we eat can affect more than our stomachs. Food can influence energy, mood, focus, and self-control.

Victor Valley's story helps us understand why God cares about appetite. Clean, nourishing food cannot change the heart by itself, but it can help the body and mind work better so we are more ready to listen, learn, obey, and serve.

Discussion Questions:

- How many days did Daniel ask the official to test his special diet?
- What kind of food did the peaceful inmates at Victor Valley Prison eat?
- Daniel "purposed in his heart" (made up his mind early) to eat right. Why is it important to decide what you will and won't eat before the junk food is right in front of you?

Activity:

Take two crisp stalks of celery with the leaves still on. Put one in a glass of pure, clean water. Put the other in a glass of dark, sugary soda or heavily salted water. Leave them sitting on the counter overnight. The next morning, the celery in the water will stand perfectly tall and strong. The one in the junk food will be completely limp, rubbery, and wilted! Talk about how our bodies react exactly the same way to what we drink.



Today's Promise (#94) — KJV

Matthew 4:4 "But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

Apply the Promise!

God's words are even more important than our daily food. When we feed our spirits with the Bible, God gives us true, lasting life!

Bible Story (Matthew 4)

Before Jesus started His ministry, He walked into the wilderness to fast and pray. For forty days and nights, Jesus ate no food. His body was exhausted, and He was hungry.

When Jesus reached His weakest point, the devil approached Him. The enemy pointed at the stones lying on the desert floor. He challenged Jesus to use His power to turn those stones into bread. It was a strong temptation. Jesus craved food, and He had the power to make a feast appear. But Jesus understood a deeper truth about life.

He knew that satisfying physical hunger was never more important than obeying God. He chose to remain obedient to His Father. Jesus resisted the craving by using the truth of God's Word.

He answered, "It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." He showed that physical food is not the only thing we need to live. The words God speaks are even more important than bread.

Jesus did not let appetite control Him. He did not make hunger His master. Even when His body was weak, His mind stayed loyal to His Father.

This story teaches us that our stomachs are not supposed to rule our choices. Food is a gift from God, but it must never become more important than obedience. When we feed on God's Word, we become strong inside. Then we can say no to cravings, junk, and temptations that promise pleasure but leave us weak.

True Story

In 2019, doctors in Bristol, England, treated a seventeen-year-old boy who had a medical crisis. For ten years, this teenager refused to eat healthy food.

Since he was seven years old, he lived on a diet of potato chips, white bread, french fries, and sausage. He told his parents he did not like the texture of fruits or vegetables.

Because the junk food tasted good, he filled his stomach with it every day. He thought he was fine because he was not losing weight. But his body was starving.

Chips and white bread fill the stomach, but they contain no vitamins or nutrients. Because he refused to eat anything healthy, his body began to break down. Blood tests revealed he lacked vital vitamins like B12, copper, and vitamin D. His poor diet caused a permanent condition called nutritional optic neuropathy.

When he turned seventeen, his vision became blurry, and his hearing started to fade. Within a few months, he went blind. The doctors discovered that his diet damaged his optic nerve. He had starved his eyes of the nutrients they needed.

This sad story shows that appetite can fool us. Food may taste good and still leave us weak if it does not nourish the body God gave us.

The same is true spiritually. If we fill our minds only with empty things and neglect God's Word, our souls become weak. But when we choose what truly nourishes us—both in our bodies and in our hearts—we grow stronger and healthier.

Discussion Questions:

- What did the devil tell Jesus to turn into warm bread?
- What happened to the teenager's eyes because he only ate junk food for ten years?
- The teenager felt full, but his body was actually starving. How can someone look completely fine on the outside but be spiritually "starving" on the inside?

Activity:

Show how the Bible reaches deeper than physical food! Take a clear jar and fill it to the very top with large rocks (representing physical food). It looks totally full! Now, pour in a cup of water (representing God's Word). The water freely flows into all the empty, hidden spaces the rocks couldn't reach. Talk about how physical food only fills our stomachs, but God's Word flows deep into our hearts and completely satisfies our spiritual thirst.



Today's Promise (#95) — KJV

1 Corinthians 9:25–27 "And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway."

💖 Apply the Promise!

To win a race, an athlete must practice strict self-control. As Christians, we are running a spiritual race for a heavenly prize, so we must train our hearts and bodies to obey God!

📖 Bible Story (1 Corinthians 9)

The city of Corinth was famous for athletic contests. Runners and fighters trained hard because they wanted to win a prize. They knew no athlete could live carelessly and still expect to win.

Paul used these races to teach a spiritual lesson. An athlete must practice self-control in many things—food, sleep, exercise, time, and habits. If he lets every craving rule him, he will not be ready for the race.

Training was not always fun. A runner might have wanted extra food, more sleep, or an easier day, but he had to say no to anything that would make him weak or slow. Every small choice was part of preparing for the race. In the same way, our appetites, habits, and desires must be trained to obey God. Self-control is not just for athletes; it is for every Christian.

The athletes in Paul's day trained for a crown made from leaves. It looked beautiful for a little while, but soon it dried up and faded away. Their prize could not last.

Christians are running for something far better. God calls us to seek an eternal prize that will never fade. That is why our daily choices matter.

Paul said he did not run carelessly or fight as if beating the air. He disciplined his body and brought it under control so that nothing would keep him from finishing faithfully.

Self-control is part of following Jesus. We are not saved by strict habits, but disciplined choices help us stay strong, resist temptation, and keep our eyes on the heavenly prize.

☀️ True Story

In 2019, a runner from Kenya named Eliud Kipchoge did something the world thought was impossible. He ran a marathon, which is 26.2 miles, in under two hours. To achieve this speed, he ran a pace of four minutes and thirty-four seconds per mile for two straight hours without stopping.

You might think a world champion like Eliud lives in a mansion and eats fancy meals. But Eliud chooses to live a life of strict discipline. Even though he is a millionaire, he lives in a simple training camp with his teammates.

He sleeps in a basic room, takes cold showers, and scrubs the camp toilets himself. He runs over one hundred miles every week, waking up before the sun rises to hit the dirt roads.

He famously says that only the disciplined ones are truly free in life. He does not let comfort control him. He understands that a runner who wants to finish well cannot obey every craving for ease, laziness, or pleasure.

On race day, every small habit mattered. The early mornings, hard runs, simple meals, and years of self-control all helped prepare him for those final difficult miles.

Eliud's story helps us understand Paul's lesson. If athletes practice self-control for an earthly race, how much more should we discipline our hearts for the race God has given us? The prize Jesus offers will never fade. We must commit to doing the hard work every day to cross that eternal finish line!

💬 Discussion Questions:

- What kind of crown did the winning athletes get in the ancient games?
- What chore does Eliud Kipchoge still do at his training camp even though he is a millionaire?
- Paul said athletes are "temperate" (they practice self-control). What is one area of your life right now where you need more self-control (like going to bed on time or doing your chores without complaining)?

🎬 Activity:

Show what a corruptible crown looks like! Tape a few leaves of fresh lettuce or spinach to a headband. Let the kids run a quick race in the backyard to win the crown. Leave the lettuce crown sitting on the counter overnight. The next morning, it will be completely brown, limp, and ruined! Talk about how earthly prizes quickly fade away, but God's heavenly reward lasts forever.