

Daniel, An Example in Temperance

During their three years of training, Daniel and his associates maintained their abstemious habits, their allegiance to God, and their constant dependence upon His power. When the time came for their abilities and acquirements to be tested by the king, they were examined with other candidates for the service of the kingdom.... Their keen apprehension, their choice and exact language, their extensive knowledge, testified to the unimpaired strength and vigor of their mental power.... ML 147.2

God always honors the right. The most promising youths from all the lands subdued by the great conqueror had been gathered at Babylon, yet amid them all the Hebrew captives were without a rival. The erect form, the firm, elastic step, the fair countenance, the undimmed senses, the untainted breath—all these were insignia of the nobility with which nature honors those who are obedient to her laws.... ML 147.3

Amid the seductive influences of the luxurious courts of Babylon they stood firm. The youth of today are surrounded with allurements to self-indulgence. Especially in our large cities, every form of sensual gratification is made easy and inviting. Those who, like Daniel, refuse to defile themselves will reap the reward of temperate habits.... ML 147.4

Daniel's clearness of mind and firmness of purpose, his power in acquiring knowledge and in resisting temptation, were due in a great degree to the plainness of his diet, in connection with his life of prayer.... ML 147.5

Stand forth in your God-given manhood and womanhood.... God will reward you with calm nerves, a clear brain, an unimpaired judgment, keen perceptions. The youth of today whose principles are firm and unwavering will be blessed with health of body, mind, and soul. ML 147.6