

The quiet no

Daniel 1:3-20

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does God do in this story, and when does He do it?

2. What does it show me about people — and about myself?

What does this show you about pressure to fit in — and where do you feel it?

3. What will I obey this week? (a concrete step, with a day)

What's one thing you need to say no to this week, quietly, without making a show of it?

4. Who will I tell?

Who do you know who's under pressure to just go along with something?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

God, give me the guts to say no quietly. And give me favor I couldn't earn on my own.
