



Oxford Pathfinder Club: Friend Class Session No.10

13 Mar 2021

Today's Plan

HEALTH AND FITNESS: REQUIREMENT 1A & 1B

1A. DISCUSS THE TEMPERANCE PRINCIPLES IN THE LIFE OF DANIEL

1B. MEMORIZE AND EXPLAIN DANIEL 1:8 AND DESIGN YOUR OWN PLEDGE CARD SHOWING WHY YOU CHOOSE A LIFESTYLE IN HARMONY WITH TRUE CHRISTIAN PRICIPLES

Review: Last Session & Homework

Last session

- Nature study: Seed honor

Homework & Task set so far

- Write a report on the book the happy path
- Book club certificate-did you choose the books you want to read under each category?
- **Learn memory gem on doctrine: John 10:10**
- **Learn memory gems on salvation John 17:15**
- **Review and learn books of old testament**
- **Write a summary on outreach in oxford or Banbury if you attended**
- **Read with your parents the historical prologue of the book early writing and list the main events**
- **Book for January and February: book on mission, read and write a book report**
- With your parents demonstrate good table manners and sign the date this was done in the demonstration date of good table manners section in your workbook
- **Upload your completed work so far to the pF website**

Spiritual Discovery
Requirement no 2:

Memory Gems

Doctrine: John10:10

- The thief does not come except to steal, and to kill and to destroy. I have come that they may have life, and that they may have it more abundantly.

Salvation: John17:15

- I do not pray that You should take them out of the world, but that You should keep them from the evil one.

Prayer: Mathew 6:9-13

9 In this ^gmanner, therefore, pray:

^hOur Father in heaven,
Hallowed be Your ⁱname.

10 Your kingdom come.

^jYour will be done
On earth ^kas *it is* in heaven.

11 Give us this day our ^ldaily bread.

12 And ^mforgive us our debts,
As we forgive our debtors.

13 ⁿ And do not lead us into temptation,
But ^odeliver us from the evil one.

⁴For Yours is the kingdom and the power and the
glory forever. Amen

Health and Fitness Requirement

1a: Discuss the temperance principles in the life of Daniel

1b. Memorize and explain Daniel 1:8
design your own pledge card
showing why you choose why you
choose a lifestyle in harmony with
true temperance principles



What does the word
temperance mean?

Temperance

Abstaining from those substances and actions that are harmful and using moderately and carefully those things that are good





Temperance



Temperance:

Self control through
the power of the holy
spirit

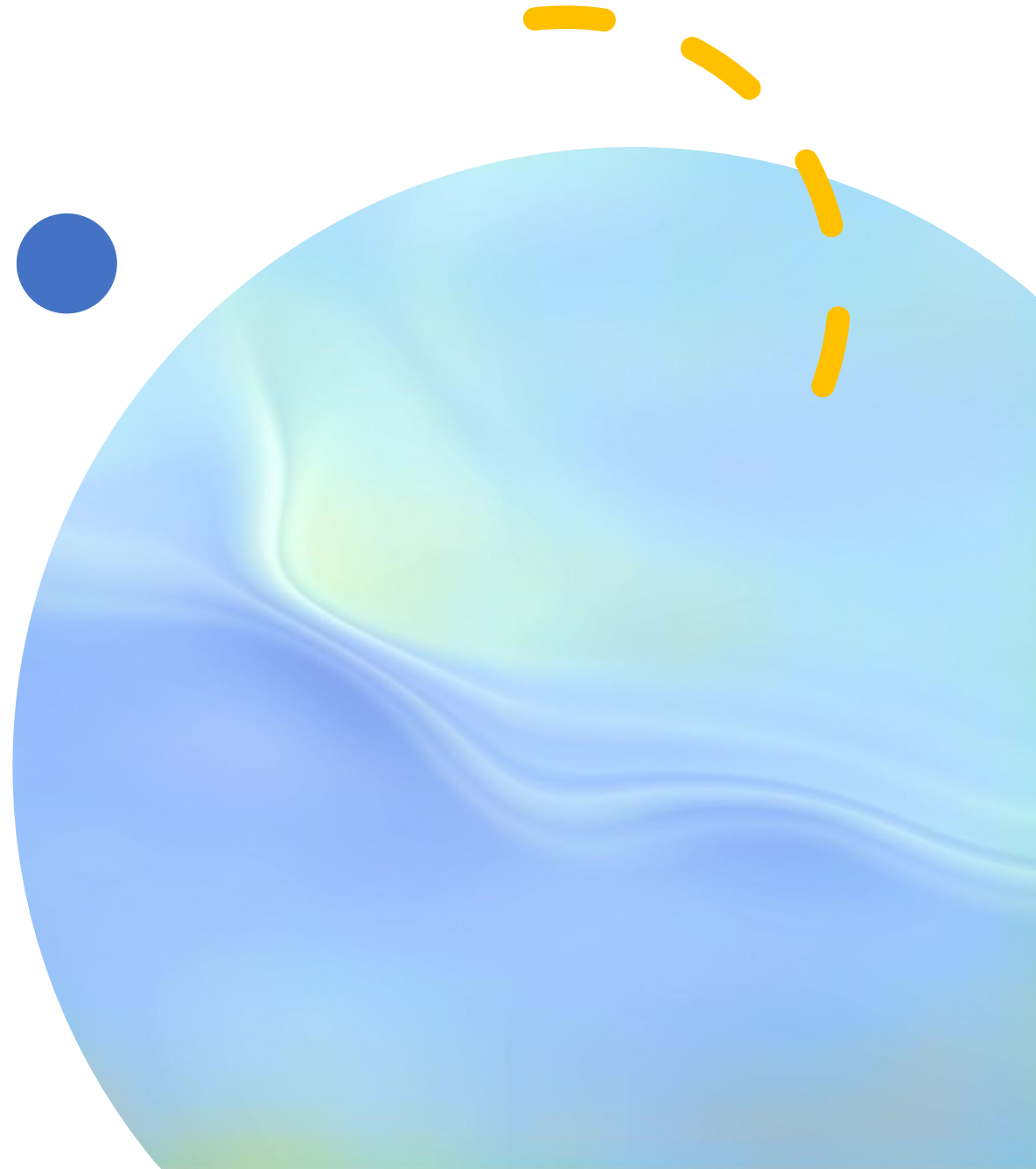
As we ask, God
through his holy spirit
guides us in the
choices we make

We choose to say no
to satan

As we ask him, god
gives power to resist
temptation

We choose not to eat
and drink anything
that would be
harmful

We choose to allow
God to guide us in all
our daily activities



Temperance Principles in the life of Daniel

❖ Daniel 1

- And the king communed with them; and among them all was found none like Daniel, Hananiah, Mishael, and Azariah. . . . And in all matters of wisdom and understanding, that the king enquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm. Dan. 1:19, 20
- 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. . . .
- 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. . . .
- 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. . . .
- 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. . . .
- 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

Daniel 1:8


But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself.

Explain Daniel 1:8

b. Memorize and explain Daniel 1:8, and either sign the appropriate pledge card or design your own pledge card, showing why you choose a life style in harmony with the true principles of temperance.


Daniel 1:8 (New King James Version)

"But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself".


 Explain the text below:

By choosing not to defile himself with the portion of the king's delicacies, nor with the wine which he drank. Daniel and his friends demonstrated the principle of temperance in that they were able to abstain from that which was harmful for them to consume. Daniel purposed within his heart: meaning he made an active decision or a commitment to God that he would not make himself unclean by eating the king's delicacies. He was determined to honor God in his decision, thus he requested of the chief eunuchs that he might not defile himself.

Daniel made an active stand for what he believed in. He understood how what he eat impact his physical health and mental health. Likewise we need to make choices daily to stand by what we believe in and know how our diet can impact our health and well being. This text also demonstrates Daniels relationship with God, the love and respect he has for God is demonstrated here in him choosing not to defile himself with food that is not reflective of the God he served.



Design a pledge card on a separate piece of paper then cut and stick this in the section of your work book.



Example Pledge card

TEMPERANCE PLEDGE CARD

I Pledge to live a life of temperance, Because I know this is the best way for me to live a happy & fulfilling life.

I have power to resist all temptations because the spirit of God lives in me.

DANIEL IS MY EXAMPLE

GOD

Dan 1:8

JODY ANN CHAMBERS

THE HOLY SPIRIT WILL HELP ME

Homework

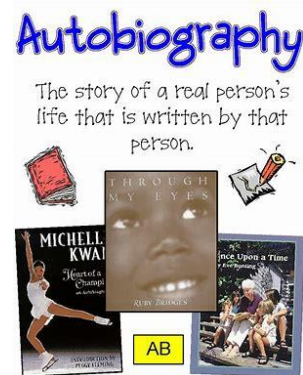
Write a summary of today's discussion on temperance principles in the life of Daniel

Choose an autobiography book to read and write a book report please finish this by end of April.

Complete the seed honor at home

Continue to learn and memorise your memory Gems

Fiction	Non-Fiction
Purpose: To Entertain	Purpose: To Learn
1. Read to enjoy 2. Read in order • Beginning • Middle • End 3. Story Elements • Characters • Settings • Events • Plot/problem • Solution	1. Read for info 2. Read in any order 3. Text Features • Table of Contents • Index • Keywords (Bolded, <i>italicized</i> , highlighter) • Glossary • Photographs • Caption • Diagram • Labels • Maps, Charts, & Graphs



Book Club Certificate Categories

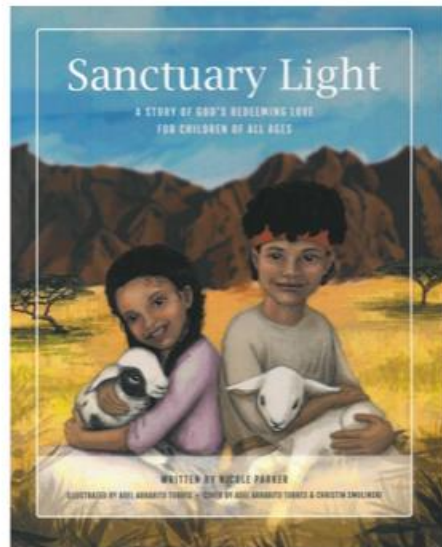
- Mission
- Autobiography
- Nature of Science
- One book of personal choice (excluding fiction e.g novels etc)



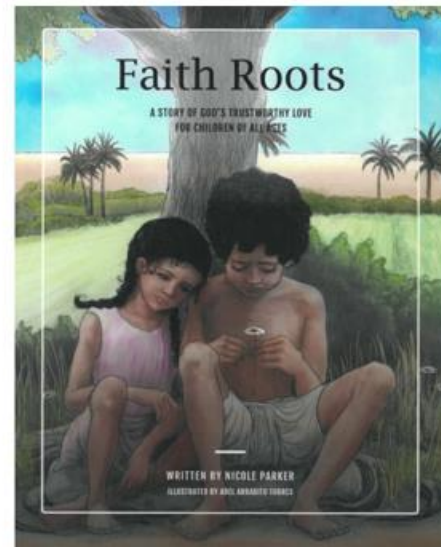
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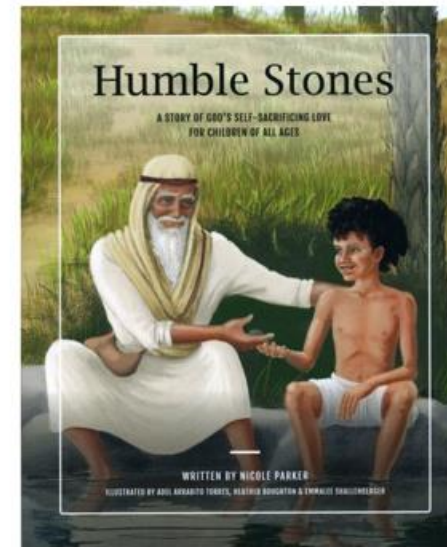
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Sanctuary Light



Faith Roots



Humble Stones

