



Nurturing Your Soul

Believe That Faith Is the Foundation for Life

Daniel 1:18-20; 6:6-10; Luke 10:27; Acts 20:24; Romans 12:1

1.4.2026

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Daniel 1:18 At the end of the time set by the king to bring them into his service, the chief official presented them to Nebuchadnezzar. 19 The king talked with them, and he found none equal to Daniel, Hananiah, Mishael and Azariah; so they entered the king's service. 20 In every matter of wisdom and understanding about which the king questioned them, he found them ten times better than all the magicians and enchanterers in his whole kingdom. (NIV)

Daniel was built different than others around him.

Luke 10:27 "'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind' and, 'Love your neighbor as yourself.'" (NIV)

Loving God with all that we are involves:

1. Faith: Nurturing Your Soul (Spiritual)

Believe that faith is the foundation for life.

2. Food: Enjoying God's Abundance (Nutritional)

Eat foods that love you back.

3. Fitness: Strengthening Your Body (Physical)

Discover movement you enjoy.

4. Friends: Encouraging One Another (Relational)

Act like we're better together.

5. Focus: Renewing Your Mind (Mental)

Develop healthy thinking and habits.

Daniel 6:6 So these administrators and satraps went as a group to the king and said: "May King Darius live forever! 7 The royal administrators, prefects, satraps, advisers and governors have all agreed that the king should issue an edict and enforce the decree that anyone who prays to any god or human being during the next thirty days, except to you, Your Majesty, shall be thrown into the lions' den.... 10 Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before. (NIV)

Daniel's faith was the foundation of his life.

Why Is Faith Important?

▪ Faith affects my spiritual maturity.

Hebrews 11:6 ...without faith it is impossible to please God. (NIV)

Romans 14:23 ...everything that does not come from faith is sin. (NIV)

▪ Faith determines my destiny.

Ephesians 2:8 For it is by grace you have been saved, through faith... (NIV)

Matthew 9:29 ... "According to your faith let it be done to you." (NIV)

▪ Faith secures my victory.

1 John 5:4 This is the victory that has overcome the world, even our faith. (NIV)

▪ Faith defeats my impossibility.

Matthew 17:20 "... Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you." (NIV)

Mark 9:23 "... Everything is possible for the person who has faith." (GNT)

Faith is trusting God and his purposes, not what I want.

The more I am in the Scriptures, the stronger my faith.

Romans 10:17 So then faith comes by hearing, and hearing by the word of God. (NKJV)

Acts 20:24 But my life is worth nothing to me unless I complete my mission and the ministry the Lord Jesus gave me—to testify to the gospel of God's grace. (NIV)

We want to be healthy so we can effectively serve God and complete the mission. (Col. 4:17; 2 Tim. 4:7)

Romans 12:1 Therefore I urge you, brothers and sisters, by the mercies of God, to present your bodies as a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. (NAS)

By faith, I will daily dedicate my body to God.

Based on the book, *The Daniel Plan: 40 Days to a Healthier Life*.