

A Call to Stand Apart

CHAPTER

14

Wellness

(pages 80-89)

Thought questions from the book:

1. What are several advantages that healthful eating bring to the serious Christian?
2. What three things might you change in your lifestyle that could result in more peace in your life?
3. Identify several reasons Daniel and the three worthies did not eat Nebuchadnezzar's food.
4. Think of several examples of life issues in which it is appropriate to "dare to be a Daniel." Where might it be better to compromise?
5. What is the relationship between appetite, self-control, and Christian character?