

*Sunday School Lesson, March 8, 2026*  
*Rev. Mark A. Seals, Instructor/Teacher*  
*Mike Moore, Superintendent*

**Lesson—Physical and Spiritual Fitness<sup>1</sup>**

**Text: Daniel 1:8-17; 1 Timothy 4:7-8**

**I. Aim for Change/Learning Objectives**

By the end of this lesson, we will...

1. Trace the interdependence of physical and spiritual health across life stages.
2. Honor the body as an expression of spiritual devotion.
3. Evaluate daily habits and make purposeful adjustments to enhance physical and spiritual well-being.

**Why This Lesson Matters:** The book of Daniel and Paul's first letter to Timothy both emphasized the importance of cultivating physical and spiritual discipline—pleasing to God and beneficial to others.

**Key Verse:** *Refuse profane and old wives' fables, and exercise thyself rather unto godliness. For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come (1 Timothy 4:7-8, KJV).*

**II. *Topical Outline of the Lesson (from the Townsend Commentary)***

1. Introduction
2. Daniel's Resolve and Boldness (Daniel 1:8-14)
3. The Proof is in the Pudding (vv. 15-17)
4. Godliness Is the Way to Go (1 Timothy 4:7-8)

**III. *Historical/Biblical Background and Lesson Context***

The book of Daniel contains narratives about Daniel and other exiles in captivity. Christian scholars classify it as prophecy, though technically it is an apocalypse. Prophecies look forward, while apocalyptic writing explained present suffering in light of God's future. The book is set in the 6th century BC, but was written in the 2nd century. The story in the book of Daniel takes place after the Israelites have been taken captive by the Babylonians. As they are now in Babylon, this story is an example of devotion to God and quiet resistance to the Babylonian culture and religion.

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<sup>1</sup> *Outline Content courtesy of the Sunday School Publishing Board Teacher Manual, which should be purchased at [www.sspbnb.com](http://www.sspbnb.com)*

The writer of 2 Timothy emphasized physical fitness in a larger scheme of godliness and proper training in the faith. The ancient world, not unlike our own, was full of a variety of promises of salvation, good living, and a multitude of gods. Instruction and training were the best and only ways to ward off deception and hypocrisy.

**IV. Prominent Character(s) in the Lesson**

**Daniel:** A young Jewish exile who became a prophet in Babylon. His integrity and faith demonstrate that God honors those who remain faithful in adversity.

**Nebuchadnezzar:** The powerful and ruthless Babylonian king responsible for the destruction of Jerusalem.

**Paul:** A leading apostle and Missionary of the early church, whose life exemplified transformative faith and discipline.

**Shadrach, Meshah, and Abednego:** Faithful companions of Daniel, renowned for their unwavering commitment to God even under threat of death.

**Timothy:** A devoted protegee of Paul's who held leadership roles in several early Christian communities.

**V. Key Terms in the Lesson (KJV)**

*Consented*

*Examine*

*Favor*

*Godliness*

*Profitable*

*Servants*

**Food for thought/question for consideration: (What have we learned, Charlie Brown?)**

Remaining spiritually fit is not an easy task. Just as consistent physical training leads to improved health and endurance, the same principle applies to our spiritual lives. Growth in faith requires regular spiritual exercise. Would you say that you are spiritually fit?

**Closing Hymn:** *Blessed be the tie that binds, our hearts in Christian love;  
The fellowship of kindred minds is like to that above.*

**Sunday School Slogan:** *To Sunday School to Sunday School, we all should go; we have classes for all ages, help us to grow.*