

Inspired story from Daniel 1:8–17 and 1 Timothy 4:7–8

## ✦ “The Ten-Day Challenge”

### Setting:

A bustling university campus where four friends; Raymond, Flint, Lucille, and April are part of a competitive leadership development program known for its intense schedule, high expectations, and a culture that often pushes unhealthy habits.



### 📖 The Story:

Raymond stood in the dining hall staring at the buffet table. Greasy pizza, energy drinks, and sugary pastries dominated the spread. The program director insisted that the students “fuel up” for long nights of work.

But Raymond felt a tug in his spirit.

“Guys,” he said, turning to the others, “I don’t think I can keep eating like this. I want to stay disciplined not just physically, but spiritually too.”

Flint raised an eyebrow. “You’re thinking of skipping the *official* meals? You know they track everything we do here, why even snoop on me while I was playing my guitar this morning.”

Lucille crossed her arms thoughtfully. “It’s not a bad idea. I’ve been feeling drained. Maybe we need a different approach. Perhaps we can teach them about the main reason that Noah got drunk once he came out the ark...maybe they need to know about the fresh fruits!”

April nodded. “I’ve been reading something lately that exemplifies to, ‘*Train yourself to be godly. Physical training is good, but training for godliness is much better.*’ It hit me hard because I wanted to create a song for the choir with this message.”

Raymond smiled. “Exactly. What if we commit to something healthier? Not just food, but our habits, focus, and everything.”

Flint chuckled. “So what are you suggesting, like a ten-day challenge?”

“Why not?” Raymond replied. “Ten days of clean eating, praying, discipline, and intentional living. Let’s see what happens when God takes over this part of our life.”



### **The Turning Point:**

Later that afternoon, the four approached the program coordinator, Ms. Pearl.

Raymond spoke first. “We’d like permission to follow our own nutrition plan for the next ten days. Something healthier. More intentional.”

Ms. Pearl blinked. “You want to opt out of the program meals? That’s... unusual. Why?”

April stepped forward. “We want to stay sharp. Focused. Disciplined. We believe this will help us perform better.”

Ms. Pearl sighed. “If you start falling behind, the experiment ends. Deal?”

“Deal,” they said in unison.

### **The Transformation:**

The next ten days were a whirlwind of early-morning workouts, shared devotionals, balanced meals, and encouraging one another when the pressure mounted.

On day ten, Ms. Pearl called them into her office.

“I don’t know what you four have been doing,” she said, scanning their performance reports, “but your energy, clarity, and teamwork have skyrocketed. You’re outperforming the entire cohort.”

Flint grinned. “Guess the challenge worked.”

Lucille added, “It wasn’t just the food. We trained our minds and spirits too.”

Ms. Pearl leaned back. “Well, whatever it is, keep it up. You’ve set a new standard.”

As they walked out, April whispered, “See? God honors discipline.”

Raymond nodded. “And He gives wisdom to those who seek it.”



### ✦ **Moving A HEADD**

Their story became a quiet legend on campus not because they rebelled, but because they chose discipline, integrity, and spiritual focus in a world that rewarded shortcuts. And just like the ancient story that inspired them, their commitment opened doors they never expected.