

## SKIT

### DANIEL'S WORLD CHAMPION DIET

#### ITEMS NEEDED:

Biblical costume for Daniel (or athletic gear)  
A microphone for Hanna

#### CHARACTER BREAKDOWN:

1M, 1F

#### CHARACTERS:

Daniel - An Israelite in Babylon  
Hanna - A reporter

*Hanna enters with a microphone.*

HANNA: Hello from Babylon, home to this year's exciting summer games! It's a beautiful day here in the capital of King Nebuchadnezzar's empire, and thousands from around the world have come to witness the games. Okay, they're here because the Babylonians captured them and took them prisoner, but let's look on the positive side. They're all about to witness some incredible feats of faith performed by one of Israel's most promising young men, Daniel. Oh, I think I see him coming this way now. Let's see if we can get a word with him. Daniel! Daniel, over here!

*Daniel enters eating a banana.*

DANIEL: Oh, hello there. You're that lady from the TV sports channel, aren't you?

HANNA: Daniel, I understand you just won your first victory of these summer games!

DANIEL: I did.

HANNA: Tell us all about your encounter with the king and your decision to eat a different diet than the other hopefuls here in the palace.

DANIEL: Well, it's really not that exciting a story to tell. The king wanted us to eat from his table, meaning we'd be eating a lot of unclean foods and things that just aren't good for us. So my buddies and I asked if we could eat a special diet.

# SKIT

HANNA: And you wanted that special diet to train for the games, right?

DANIEL: No, we just wanted to be obedient to the Lord. So we asked to drink water and eat fruits and vegetables.

HANNA: I understand the king was not too happy about this.

DANIEL: Well, no. Not at first. He was a little upset that, as his guests, if you want to call it that, we were saying no to the sumptuous meals his chef prepared. So we said, give us a few weeks, and if we aren't as healthy as the other guys, we'll drop the diet and eat with you.

HANNA: And what was the result after all those weeks?

DANIEL: Well, my buddies and I were all in much better physical condition than the guys who ate with the king. So not only did we get to keep eating clean, the king decided to put the other guys on our diet.

HANNA: What did your competition think about the move?

DANIEL: Well, heh heh, they're not too happy about it. But I think in the long run, they'll all be more alert, more active, and much more healthy for the change.

HANNA: I guess you proved that you have to feed the body right.

DANIEL: Of course, Hanna. We need to feed our bodies a healthy diet just like we feed our souls on the Word of God. The more of that goodness we consume, the healthier our body and spirit will be.

HANNA: Thanks for your time, Daniel, and good luck in the next event.

DANIEL: Luck has nothing to do with it. I'll keep eating right and feeding my soul with God's Word so I can achieve my goal: to live a life that honors God!

HANNA: Great advice, Daniel. This is Hanna in Babylon, signing off!