

Making the right choices

³ Then the king ordered Ashpenaz, his chief of staff, to bring to the palace some of the young men of Judah's royal family and other noble families, who had been brought to Babylon as captives. ⁴ "Select only strong, healthy, and good-looking young men," he said. "Make sure they are well versed in every branch of learning, are gifted with knowledge and good judgment, and are suited to serve in the royal palace. Train these young men in the language and literature of Babylon." ⁵ The king assigned them a daily ration of food and wine from his own kitchens. They were to be trained for three years, and then they would enter the royal service.

Daniel was called Belteshazzar.
Hananiah was called Shadrach.
Mishael was called Meshach.
Azariah was called Abednego.

¹¹ Daniel spoke with the attendant who had been appointed by the chief of staff to look after Daniel, Hananiah, Mishael, and Azariah. ¹² “Please test us for ten days on a diet of vegetables and water,” Daniel said. ¹³ “At the end of the ten days, see how we look compared to the other young men who are eating the king’s food. Then make your decision in light of what you see.” ¹⁴ The attendant agreed to Daniel’s suggestion and tested them for ten days.

¹⁵ At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king. ¹⁶ So after that, the attendant fed them only vegetables instead of the food and wine provided for the others.

Cut and print these out and hide. Give fruit pots as the reward. Print them out smaller to make it more tricky or use the snap memory game cut outs to make it harder.

This snap memory game can be printed on the large A4 pieces of paper laid out, and then match the fruit. You could do leaders versus young people to make it more interactive. Print out two sets of the treasure hunt if you'd like it to be big, or print smaller versions to cut out (for gross motor skills) and for them to take home.

Doughnuts competition who can last the longest without licking their lips. Who can hold their nerve like Daniel.

Mark 7:18-19 states that Jesus declared all foods clean, and that nothing from outside can defile a person. This means that people can eat any food they choose, and that their choice is based on their conscience.

Can you spot the defiled food? Print out x1 copy and get the children to spot the defiled food. Take it in turns to spot the defiled food to save paper.

Cut fruit up to make fruit skewers, banana, strawberries, melon etc.



WORD SEARCH ANSWERS
ALSO BONUS FIND THE
WORDS SPIRIT, JESUS OR GOD.

[illegible]

Illustration to Grab Attention

Get some volunteers to illustrate how Daniel eating healthy food was better than eating food that was not good for him and his friends. Get some to eat big marshmallows, in a race against those that have to eat healthy food, like grapes, strawberries. Then give some fruit or marshmallows to the group. Whilst you go through this story below.

The Story of Daniel

The story of Daniel teaches us how to make the right choices, even when it's difficult. Imagine being a teenager, suddenly taken away from your home, family, and everything you know. That's exactly what happened to Daniel and his three friends—Hananiah, Mishael, and Azariah. They were taken to Babylon, a new and unfamiliar land, and given new names and a new way of life. But even in a foreign place, they knew they had to stay faithful to God.

The King's Food

King Nebuchadnezzar wanted these young men to be trained in the ways of Babylon. As part of their training, they were given rich foods and wine from the king's table. To many, this might seem like a great opportunity—delicious meals and luxury! But Daniel knew that eating this food would not be pleasing to God. He and his friends made a firm decision to obey God's commands, even though they were far from home.

Daniel 1:8 (NLT) says: "But Daniel was determined not to defile himself by eating the food and wine given to them by the king."

Think about when kids grow up and leave home for college, university, or a new job. Many people see this as a time to do everything they weren't allowed to do before. Imagine if I decided to eat 15 marshmallows every day. It might seem fun at first, but soon, I would feel sick. Over time, I could even get very unhealthy, maybe even develop diabetes. Just because something seems enjoyable at the moment doesn't mean it's good for us.

Daniel and his friends understood this. They knew that God's way was better, even if it meant standing out from the crowd.

The Test

Daniel asked the chief official for permission to eat only vegetables and drink water instead of the king's rich food. The official was worried: "What if you look weaker than the other young men? The king will be angry with me!" But Daniel had faith in God. He suggested a test: Daniel 1:12-13 (NLT) says: "Please test us for ten days on

a diet of vegetables and water. At the end of the ten days, see how we look compared to the other young men who are eating the king's food. Then make your decision in light of what you see."

The official agreed, and after ten days, Daniel and his friends looked healthier and stronger than all the others who ate the king's food! Because of their obedience, God blessed them with wisdom, knowledge, and understanding.

God Rewards Obedience

This story reminds us that making the right choices isn't always easy, but God blesses those who follow Him. Daniel's decision to obey God led to his success in Babylon. He was given great wisdom and favor, and he became a respected leader.

Daniel 1:17 (NLT) says: "God gave these four young men an unusual aptitude for understanding every aspect of literature and wisdom."

Lesson for Today

Just like Daniel, we will face choices in life where we must decide to do what's right, even when others are doing something different. Sometimes, that means saying no to things that aren't good for us, even when they seem fun at first. But when we put God first, He takes care of us and blesses us with His favor.

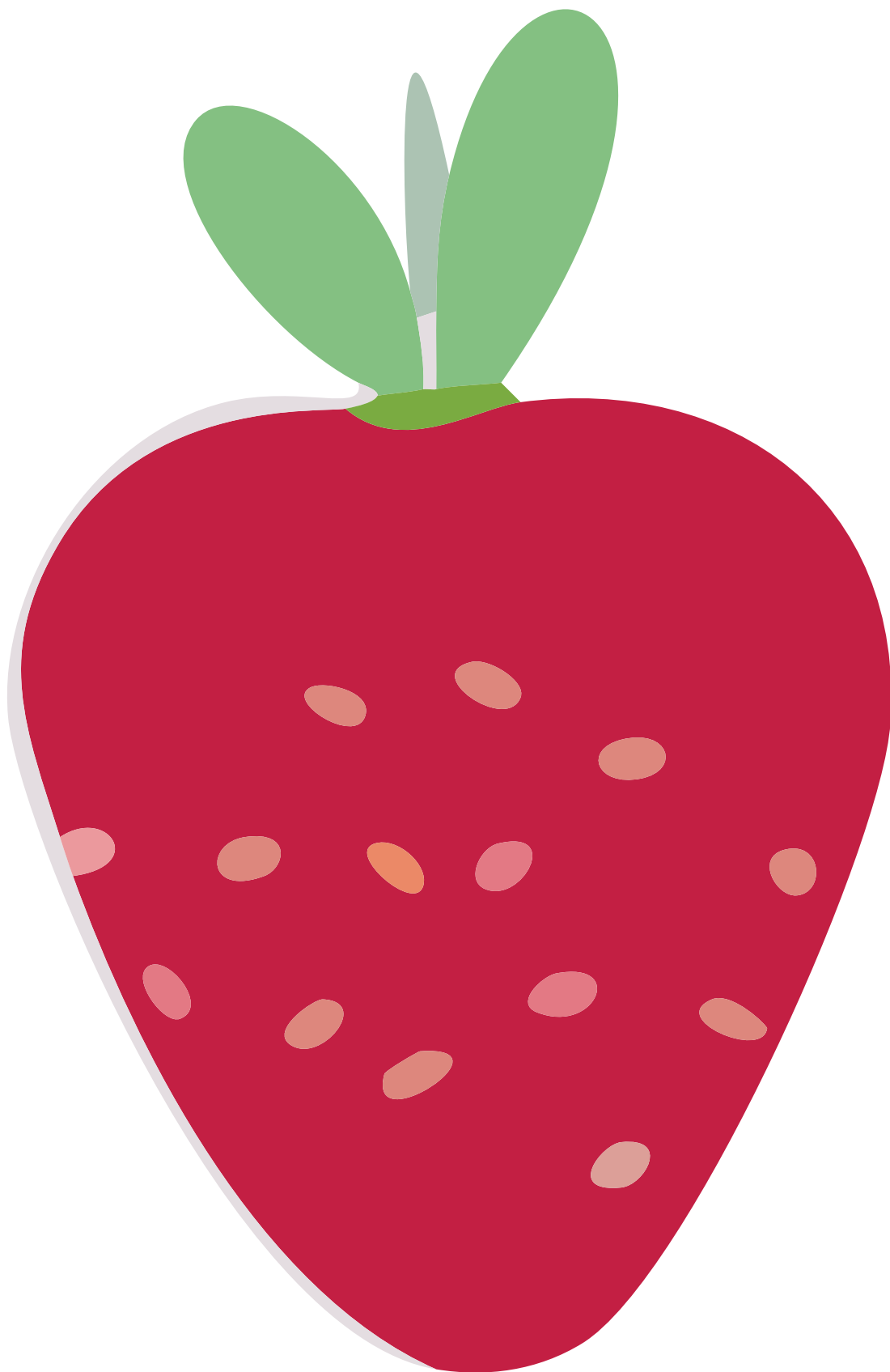
Key Takeaway:

- Not everything that seems fun or easy is good for us.
- Standing up for what's right is important, even when it's hard.
- Let's choose to follow God, just like Daniel!



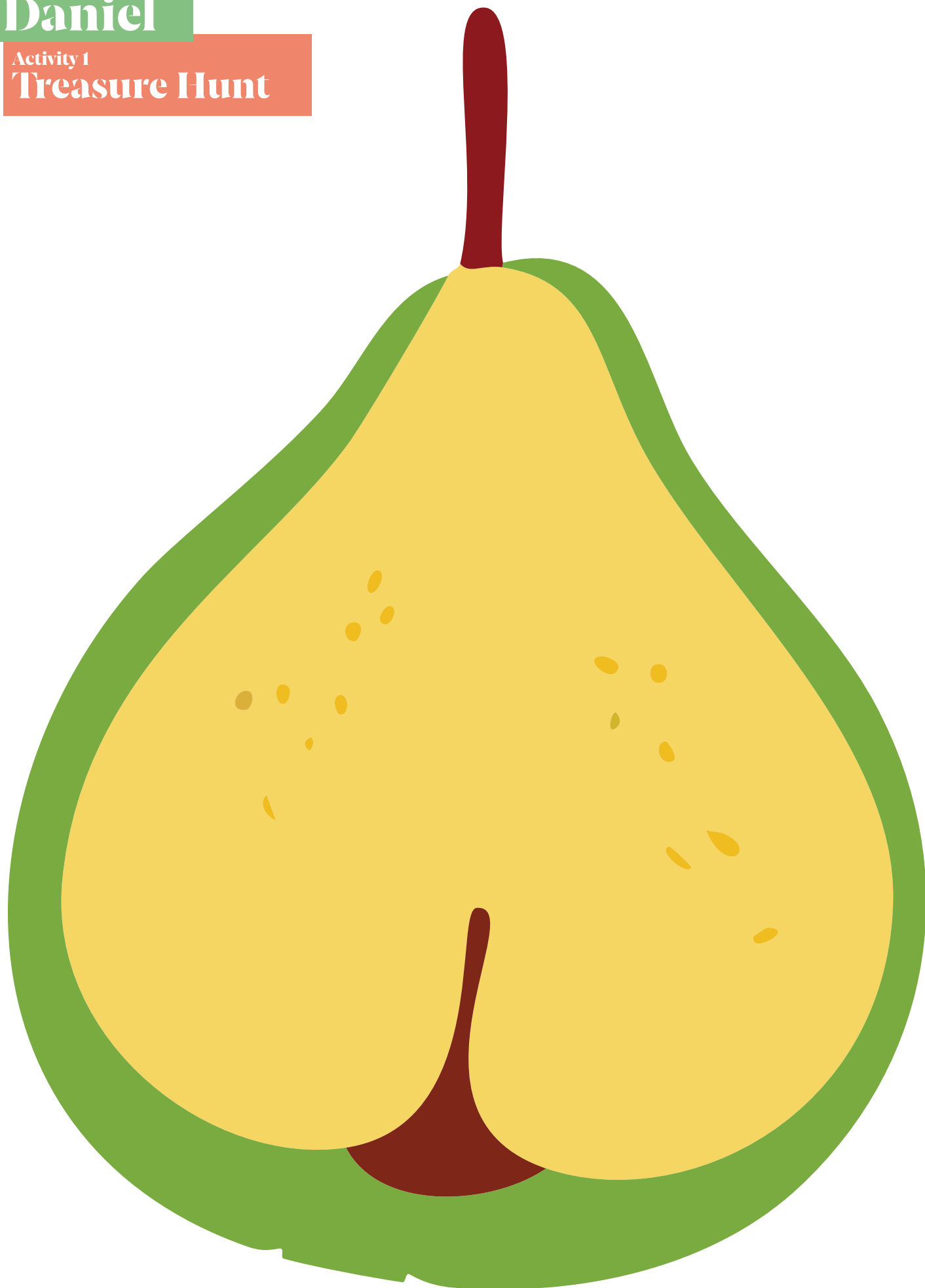
The Book of
Daniel

Activity 1
Treasure Hunt



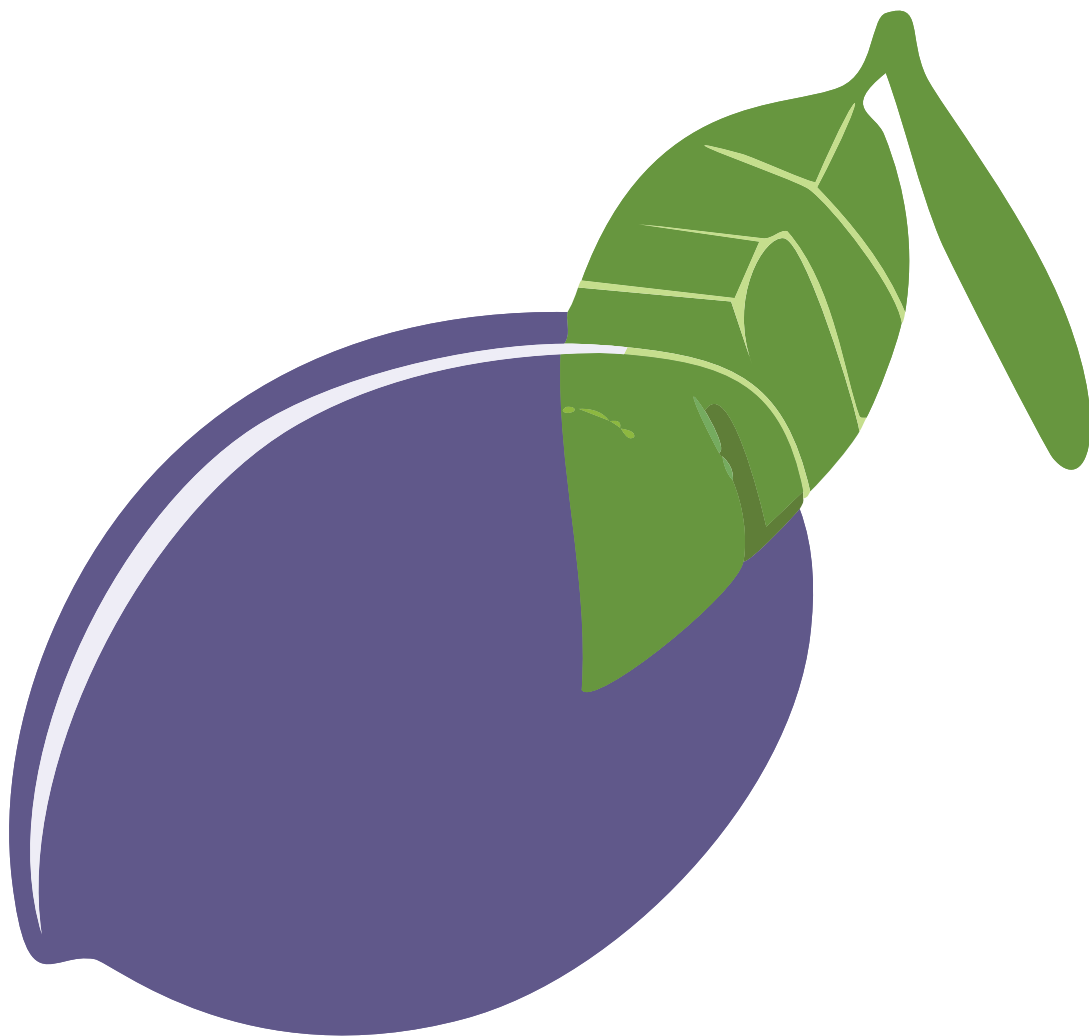
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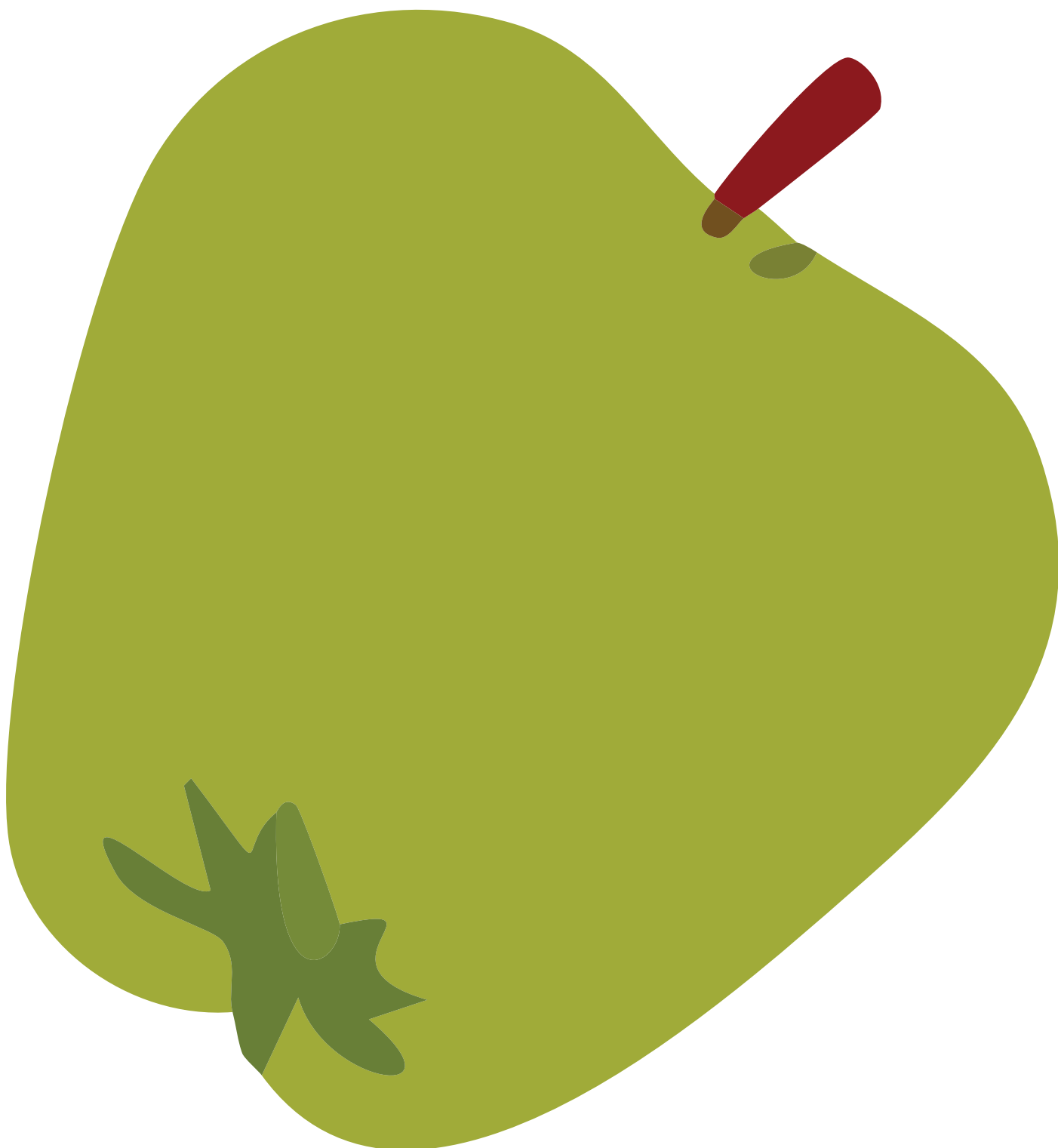
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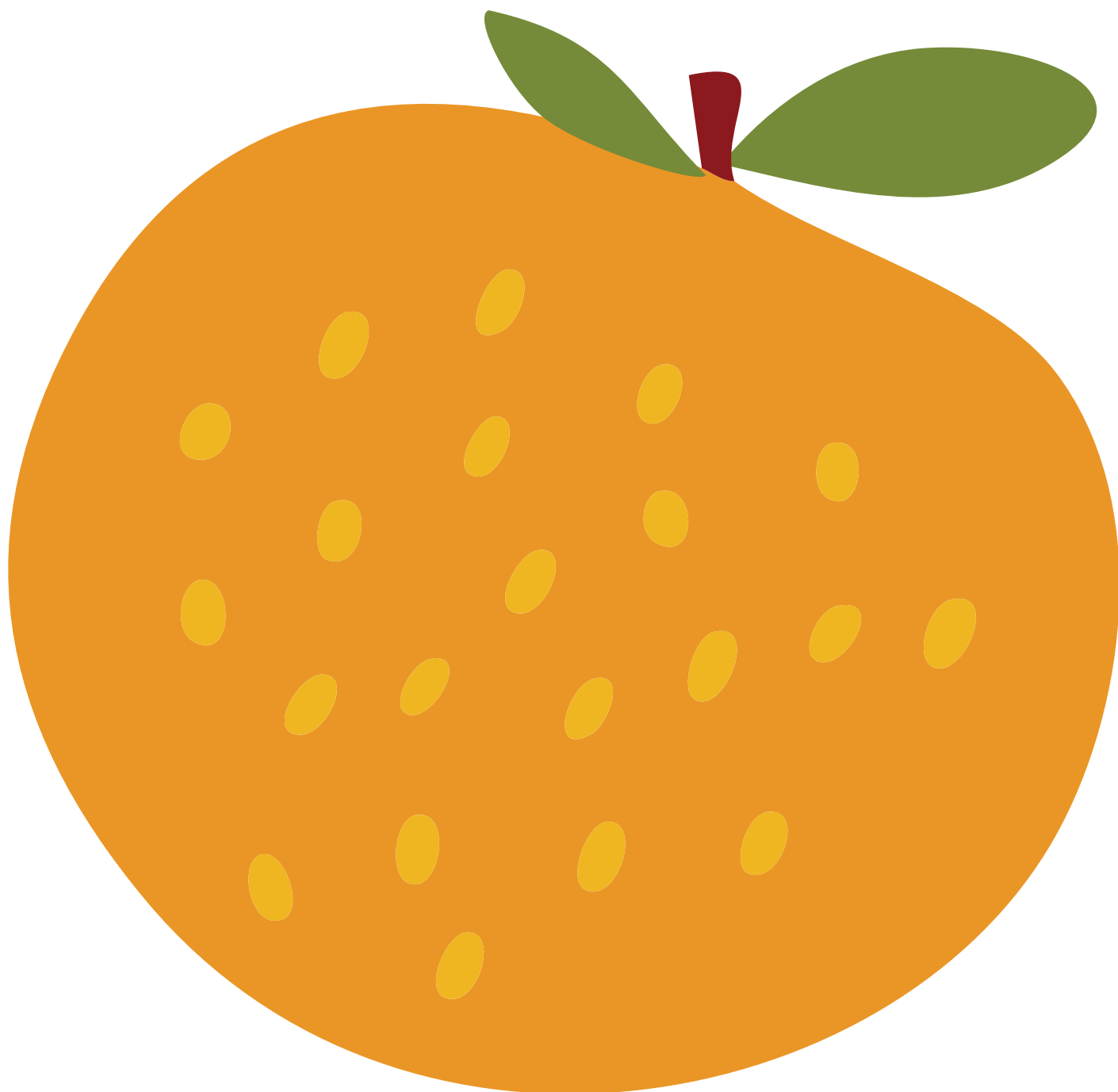
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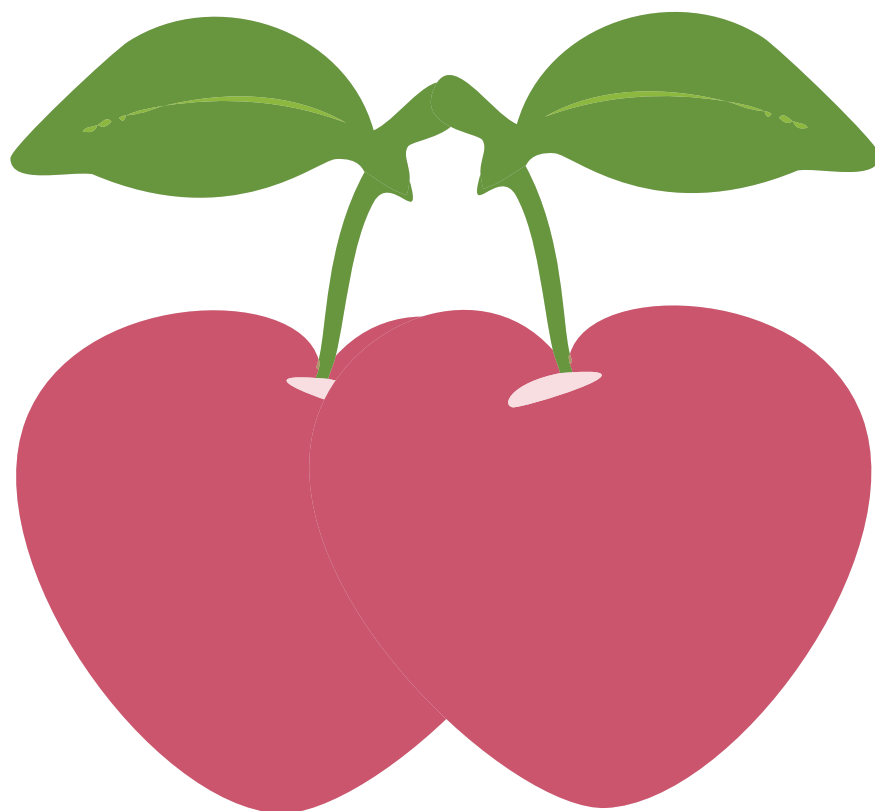
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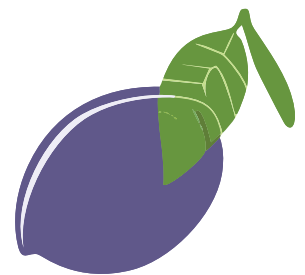
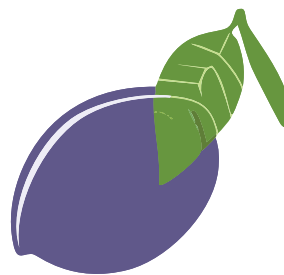
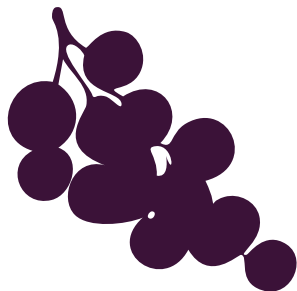
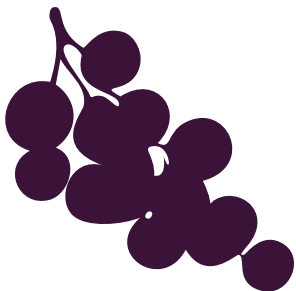
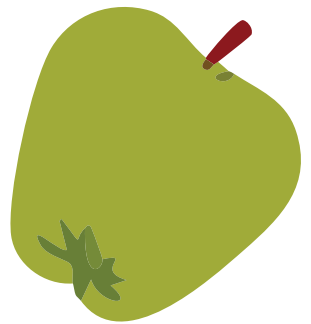
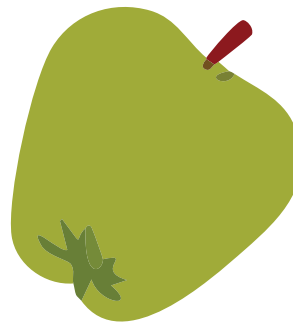
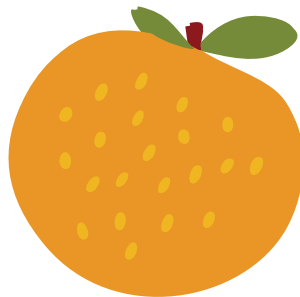
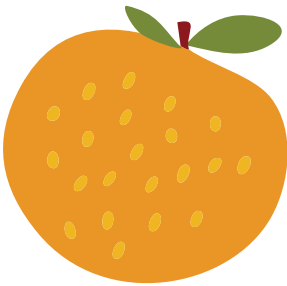
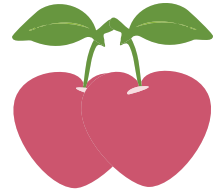
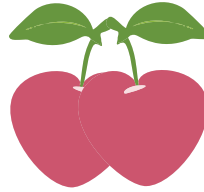
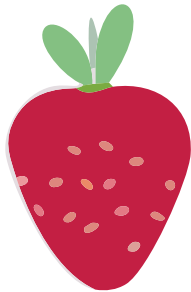
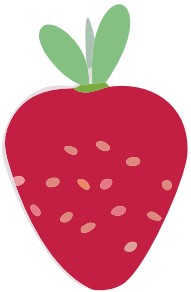
Activity 1
Treasure Hunt



The Book of
Daniel

Activity 1
Treasure Hunt





Take away a score of one matching set if you match the wine!

The Book of Daniel

Activity 4

Word Search

DANIEL, BABYLON, OBEDIENCE,
WISDOM, FAITH, BLESSING, KING,
VEGETABLES, WATER, TEST, HEALTHY

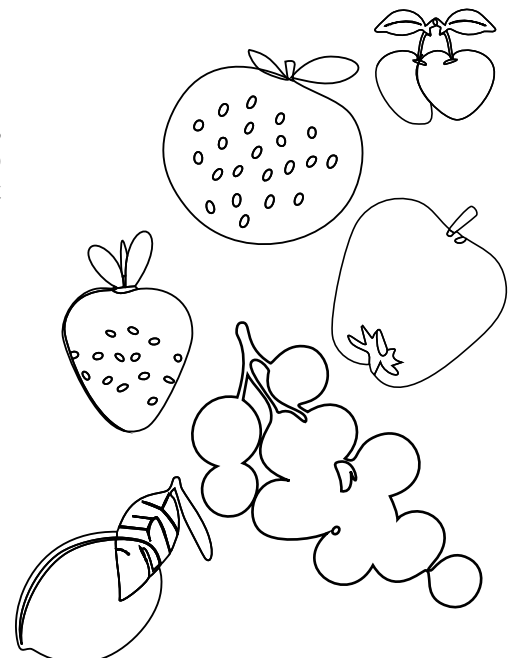
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V	P	O	R	D	A	N	I	E	L	G	R	A	V	N	E	E	S	B	P
G	T	R	C	B	C	K	S	D	A	Z	X	C	I	V	V	B	N	E	M
R	W	O	R	D	A	N	R	R	T	Y	O	K	P	M	K	J	H	D	H
R	C	K	S	D	A	Z	E	N	E	W	S	B	R	E	J	L	R	I	F
Q	E	F	C	K	S	D	A	Z	X	C	I	I	H	A	Y	D	F	E	R
O	T	A	D	A	Z	X	C	I	E	C	K	S	D	A	Z	X	A	N	E
P	T	I	K	H	Y	U	B	A	B	Y	L	O	N	T	L	H	L	C	D
L	L	T	L	M	A	Q	L	C	K	S	D	A	Z	H	E	E	F	E	S
S	M	H	L	O	R	O	E	G	R	A	V	B	O	E	R	A	I	M	I
P	V	B	E	Q	B	G	S	S	B	R	E	J	L	S	E	L	E	S	R
C	K	S	D	A	Z	L	S	O	B	A	W	L	F	D	H	T	J	P	H
A	Z	E	N	E	E	G	I	S	N	D	Z	I	K	O	E	H	U	I	C
J	T	T	F	U	D	T	N	E	N	P	P	A	S	M	Y	Y	K	R	K
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U	G	T	V	D	A	Z	X	C	I	V	V	B	N	A	H	M	R	R	O
S	R	C	B	C	K	S	P	O	T	E	N	O	S	B	R	E	J	L	L
J	V	E	G	E	T	A	B	L	E	S	E	O	S	C	A	R	L	R	M

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Activity 5

Spot the Defiled Food



x3



x1



x1



x1



x1

