



TODAY'S EPIC STORY: STAND UP FOR YOUR BELIEFS

DANIEL 1

THE STORY HOME

King Nebuchadnezzar ordered that some of the strongest and smartest men that had been captured from Judah be gathered together. For three years, they were to be taught the Babylonian language and everything they would need to know to enter the king's service. They would even be fed a portion of food from the king's table. Daniel refused to defile himself by eating the king's food and wine. He asked for vegetables and water instead. The official in charge was worried that Daniel and his friends would look weak, but after 10 days they looked even healthier than those eating the king's food. In fact, when the time came for them to enter the king's service, Daniel and his three friends were found to be the smartest in the group and even wiser than the king's own magicians.

PARENTS & KIDS QUESTIONS:

- How did Daniel and his three friends (renamed Shadrach, Meshach, and Adednego) honor God?
- How did God honor Daniel's efforts to be faithful to God, even in captivity?
- Why do you think God gave Daniel the ability to understand dreams and made him and his friends the smartest in the land? Do you think God is going to use those gifts later on?
- Would you be willing to give up the king's best foods and only stick to vegetables and water in order to honor God?

TOGETHER HOME

Give it a try. Choose a meal or a week's worth of meals to eat like Daniel did—only vegetables (cooked or raw) and water. Talk about what it is like to give up the foods you usually love. Would you be willing to give up meat and dairy products and junk food for God? If you want to get really involved, search online “Daniel Fast” to find more information on how people are using Daniel's way of eating as a model for fasting during specific periods of time.

BIBLE MEMORY HOME

“Be on your guard; stand firm in the faith; be courageous; be strong.” (1 Corinthians 16:13)

Make up some motions to help illustrate this verse. Assign a specific motion to each phrase. Then, practice doing the motions and saying the verse together.