

# Daniel

Over the next few weeks we are going to learn about someone from the Old Testament called Daniel.

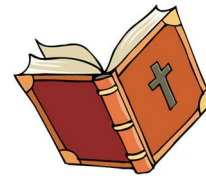
## Introduction

Discuss your favourite foods. If you could choose any food to eat right now what would it be? If you could only eat one type of food from now on what would you choose? Is the food you would choose the food that is best for your body

The story today is about Daniel and food! You can read all about it in your bibles, or see below.



## Bible Reading



### **The Young Men at Nebuchadnezzar's Court**

In the third year that Jehoiakim was king of Judah, King Nebuchadnezzar of Babylonia attacked Jerusalem and surrounded the city. The Lord let him capture King Jehoiakim and seize some of the temple treasures. He took some prisoners back with him to the temple of his gods in Babylon, and put the captured treasures in the temple storerooms.

The king ordered Ashpenaz, his chief official, to select from among the Israelite exiles some young men of the royal family and of the noble families. They had to be handsome, intelligent, well trained, quick to learn, and free from physical defects, so that they would be qualified to serve in the royal court. Ashpenaz was to teach them to read and write the Babylonian language. The king also gave orders that every day they were to be given the same food and wine as the members of the royal court. After three years of this training they were to appear before the king. Among those chosen were Daniel, Hananiah, Mishael, and Azariah, all of whom were from the tribe of Judah. The chief official gave them new names: Belteshazzar, Shadrach, Meshach, and Abednego.

Daniel made up his mind not to let himself become ritually unclean by eating the food and drinking the wine of the royal court, so he asked Ashpenaz to help him, and God made Ashpenaz sympathetic to Daniel. Ashpenaz, however, was afraid of the king, so he said to Daniel, "The king has decided what you are to eat and drink, and if you don't look as fit as the other young men, he may kill me."

So Daniel went to the guard whom Ashpenaz had placed in charge of him and his three friends. "Test us for ten days," he said. "Give us vegetables to eat and water to drink. Then compare us with the young men who are eating the food of the royal court, and base your decision on how we look."

He agreed to let them try it for ten days. When the time was up, they looked healthier and stronger than all those who had been eating the royal food. So from then on the guard let them continue to eat vegetables instead of what the king provided.

God gave the four young men knowledge and skill in literature and philosophy. In addition, he gave Daniel skill in interpreting visions and dreams.

At the end of the three years set by the king, Ashpenaz took all the young men to Nebuchadnezzar. The king talked with them all, and Daniel, Hananiah, Mishaël, and Azariah impressed him more than any of the others. So they became members of the king's court. No matter what question the king asked, or what problem he raised, these four knew ten times more than any fortune teller or magician in his whole kingdom. Daniel remained at the royal court until Cyrus the emperor of Persia conquered Babylonia.

<https://www.youtube.com/watch?v=d4nbMyAGmQ>



### **Big Questions**



1. Do you think it's always easy to do the right thing?
2. How do you think Daniel felt when he had to say he wouldn't eat the king's food?
3. Daniel stood firm for what he knew was right in a difficult situation. He went against what everyone else was doing, when it would have been much easier to follow the crowd. Doing the right thing isn't always the easy option and sometimes we have to stand firm in what we know is right. This could be showing kindness in a situation where others are being unkind or negative. Can

you think of an example when you could make the right decision and choose to the right thing instead of the easy thing?

God rewarded Daniel's and his friends' decision to do the right thing, they weren't only able to survive on the water and vegetable, but they were the strongest of all the men!



### Prayer



God wants us to follow him and live our lives in an honourable way. This means we have to make decisions to behave in a way that shows God respect and that shows other people what it means to follow God. Sometimes this is difficult, but we can always ask for God's help to do this.

Ask God to help you to the right thing this week. Think of one of the examples you discussed and pray for courage to stand firm, even if it means going against what everyone else is doing.



### Songs



One Way - <https://www.youtube.com/watch?v=MNe4HCO4SuQ>

I'm gonna jump up and down - <https://www.youtube.com/watch?v=WodvQf0Jo9s>

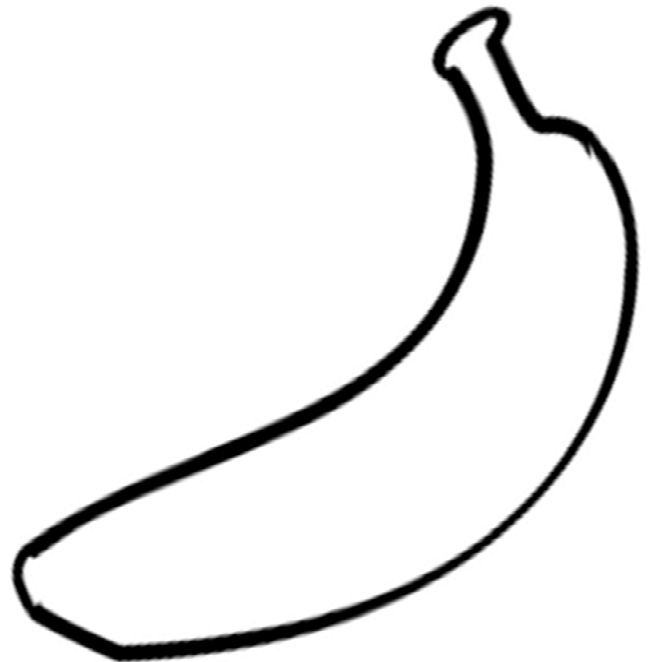
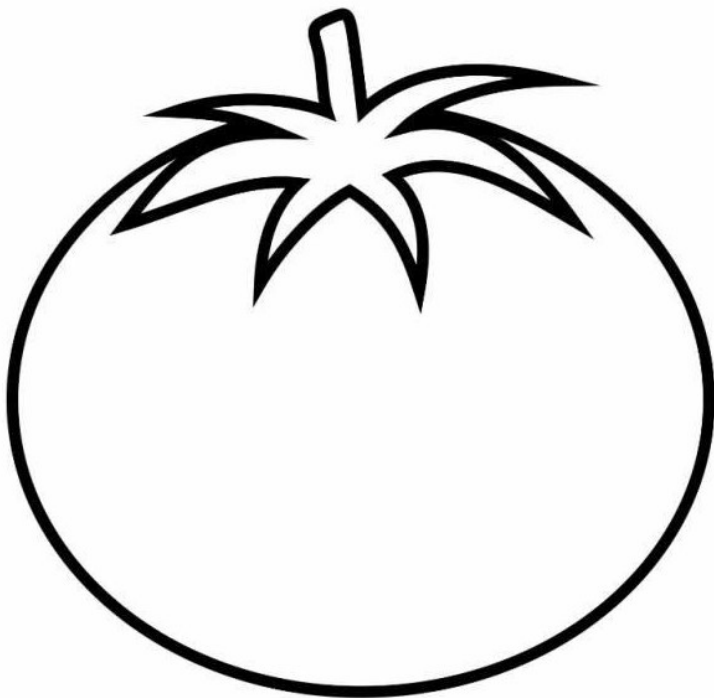
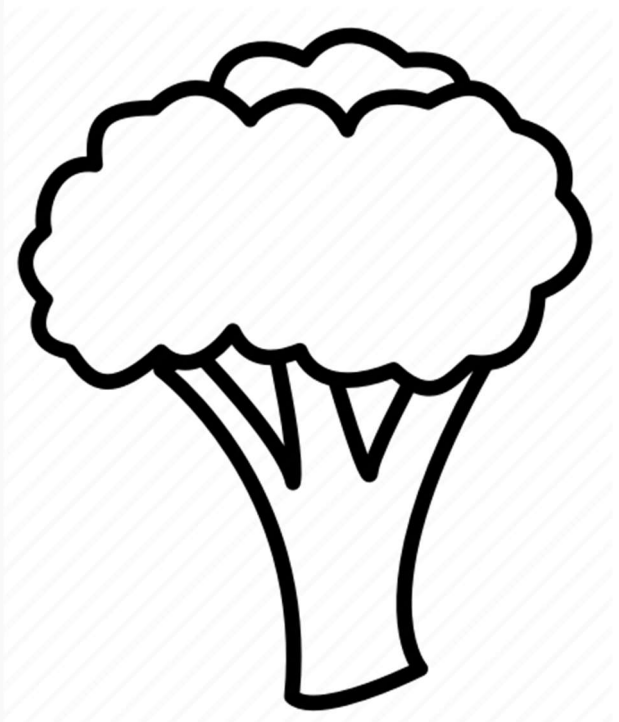
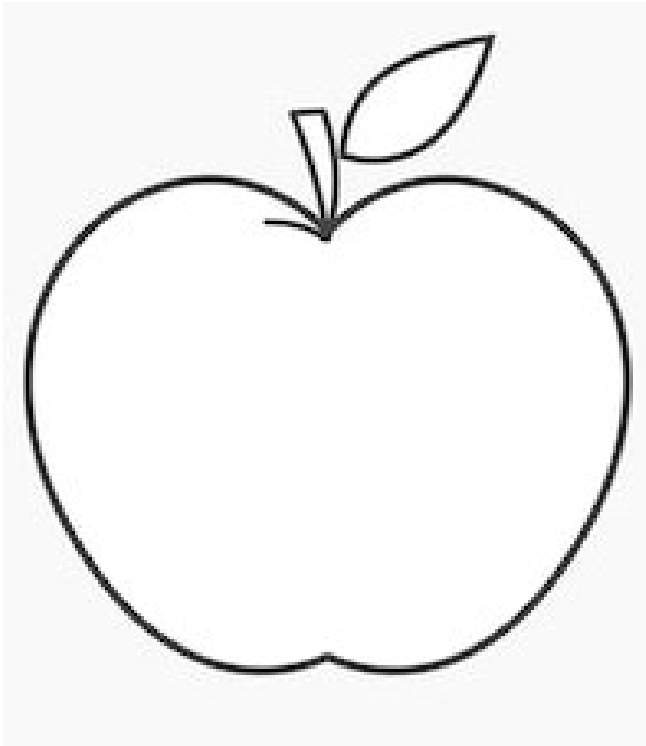


### Craft



Daniel choose to the right thing and only eat vegetables. Think of some ways you can do the right thing and write or draw them in the vegatable shapes below. This could be as simple as choosing to help your mum and dad with a job when you would much rather play or watch TV, or share your toys when you'd rather have them all to yourself! Alpha children, you might need an adult to help you with this.

Daniel chose to do the right thing and only eat the vegetables. How can you be like him and make good decisions?



**Daniel and His  
Friends Eat  
Good Food**

—Daniel 1

# Eat Your Veggies

Daniel and his friends were in training to be servants of King Nebuchadnezzar. The king wanted his servants to be healthy, strong, and smart, so he fed them the same kind of food he ate himself.

But Daniel said, "Please let us eat only vegetables and drink only water for ten days. Then compare us with the other young men who eat the king's food. See for yourself who looks healthier."

Decode the message below to find out what happened.

