Discussion

A question for adults to ask children

What foods did Daniel and his friends eat in the story?

Daniel and his friends just ate vegetables and water for ten days instead of the food the King was offering. God saw their commitment and blessed them with wisdom and favour with the King. This story is not just about what foods we eat but about choosing to put God first and live in obedience to God. Daniel and his friends might have struggled and been tempted by the rich food that those around them were eating, but they stuck with their simple diet and put God first.

A question for children to ask adults

Can you think of a time when you said no to something tempting?

<u>A question to ask each other</u> What is your favourite thing to eat?

Family Activity 1

You will need: Paper or card, Drawing materials

Cut your paper or card into a circle shape and design a meal to draw onto it together.

If you have magazines or packaging around the house, you could cut out pictures of food to stick on. Give everybody the chance to add something to your family dinner plate even if you end up with a very strange plate of food!

Why not use mealtimes this week as a time to stop and pray, thanking God for his provision and asking Him to help you to live in obedience.



Bible Passage

geither

Today we will be exploring together, the story of Daniel and his healthy eating.

You can find it in your Bible in: Daniel 1

Read the story together – choose a Bible translation or children's story version which best suits your group.



A prayer to say together

Dear God,

Thank you for the story of Daniel, thank you that even though he was a prisoner in a strange land he still chose to live for you.

Help us to look after our bodies and minds, living for you while we are in lockdown.

Help all those who are struggling to get the food they need. Please protect all those keyworkers who are working to get food onto the shelves. Bless those serving in food banks and those helping to shop for friends and neighbours in our communities.



Matthew 4:4 "A person lives not on bread alone, but by everything God says."

Just like we choose to put healthy food into our bodies we can also put healthy thoughts into our bodies, we can choose to watch, read and listen to things that draw us closer to God and help us to live well for God. Try to learn this verse together, you could come up with some actions to help you remember it or decorate the verse on a piece of paper or card together and put it up somewhere to remind you of it through the week.

Family Activity 2

You will need: paper, pens, timer, Bibles

The Bible is God's spiritual food for us we can feed on it every day. Have a Bible race to help you practice finding verses in the Bible. You could use these verses from the Bible about food or write out some verses of your own to look up on pieces of paper.

If you have more than one Bible you can all search for the verse at the same time. If you only have one Bible take it in turns to search and time how long each person takes.

	Psalm 107 v 9	Luke 9 v 16
	l Corinthians 10 v 31	Matthew 6 v 25
nd	John 6 v 35	Matthew 5 v 6
	Genesis 1 v 29	Exodus 16 v 4

Remember you will need to find the right **BOOK** of the Bible and then the **CHAPTER** (Big number) and **VERSE** (Little Number).

Active Prayer

Why not pray and keep healthy at the same time this week with our prayer and exercise routine!

Run on the spot,,, and pray for all those spending times in their homes.

Do star jumps... and pray for all the keyworkers working hard to keep us safe.

Stretch out wide... and pray that help would reach all those who need it.

Stretch up high... and pray for all those leaders in the world making big decision.

You can add your own exercises and prayers as well.

Helping Older Children

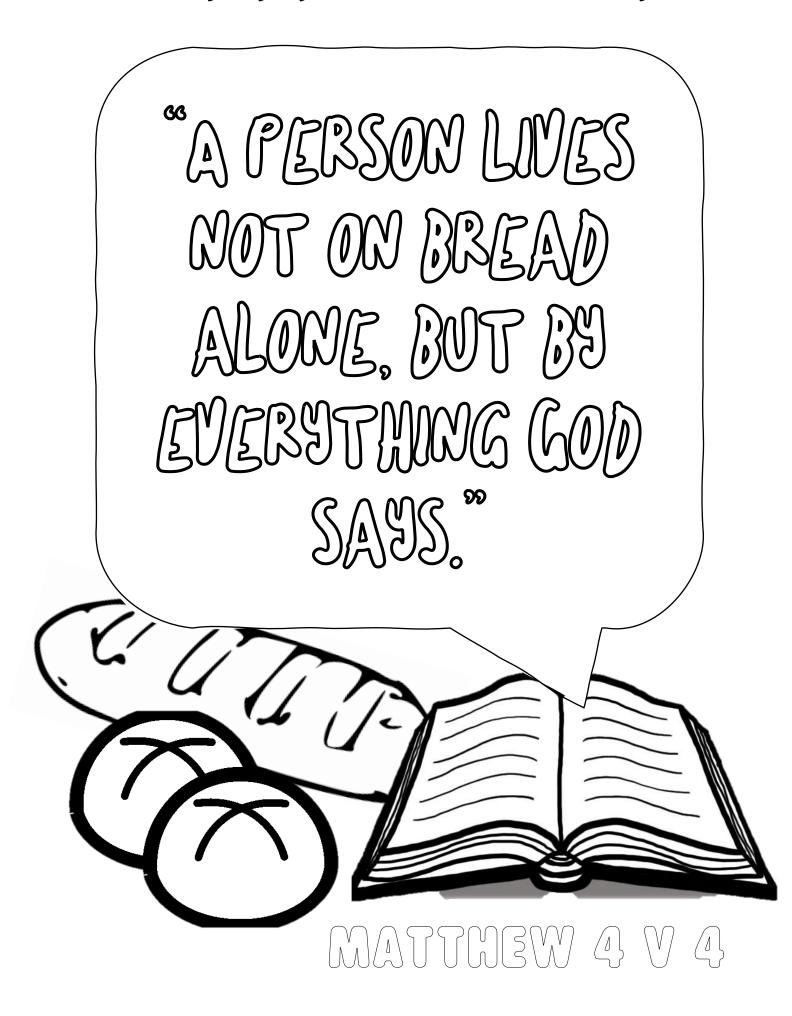
It is great to be able to equip older children to do their own Bible study and unpack scripture for themselves. Children might have many questions, here are some short passages you could direct them to.

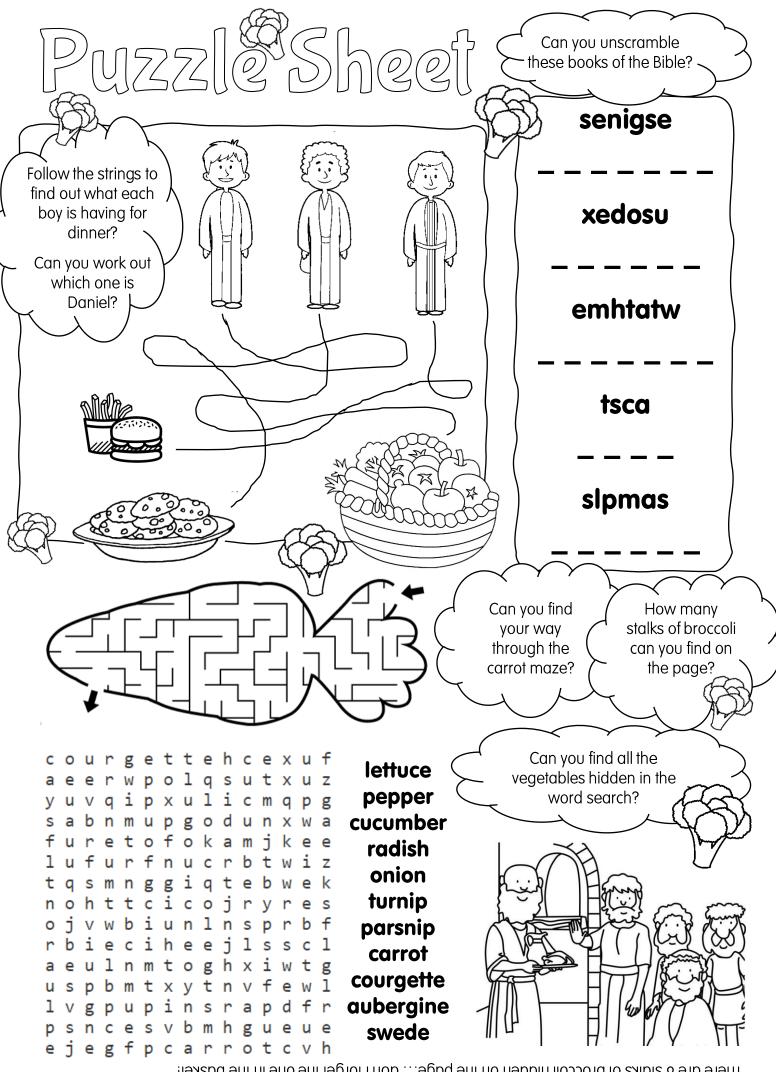
Encourage them to read the passage, spend some time thinking about it and praying, asking God to help them understand it better.

Why not ask **them** to tell **you** what they have learned rather than try to answer their questions yourself.

A passage about being worried A passage about facing challenges A passage about living a pure life A passage about God's forgiveness A passage about living for God A passage about times of trouble

Matthew 6 v 25-27 2 Corinthians 4 v 16-18 Psalm 119 v 1-16 1 John 1 v 5-10 1 John 3:16-18 James 1 v 2-8





There are 8 stalks of broccoli hidden on the page... don't forget the one in the basket!

Discussion

H

A question for adults to ask children

What did Daniel do when he heard about the King's dream?

Daniel had faith – he trusted in God to tell him about the King's dream and explain what it meant, so he asked for an appointment with the King before anything else. Then Daniel went to his friends and asked them to pray that God would help them and explain the dream.

Can you see a pattern developing? Last week Daniel had faith that God would keep him strong and healthy without eating the King's food, this week he trusted in God to provide the answers that he needed.

Some questions for children to ask adults

Can you think of a time when you agreed to do something even though you were scared or knew it would take a lot of work to be ready?

Family Activity 1

You will need: Paper, Drawing materials

Daniel had good friends around him. When he faced challenges, he knew he could call on them to support him and pray for him.

Can you think of somebody in your own life who is like that to you?

Spend some time writing or drawing a letter or card that you can send to a friend or another family. Why not include a prayer for your friend.

You might like to use the template on page 3 to send some love to another family.



Bible Passage

gether

Today we will be exploring together, the story of King Nebuchadnezzar's dream.

You can find it in your Bible in: Daniel 2

Read the story together – choose a Bible translation or children's story version which best suits your group.

A prayer to say together

Dear God,

Thank you for the story of Daniel who trusted you and your promises even in difficult times.

Give us the faith to trust in you. Help us to listen to you and recognise when you are speaking to us. Help us to dream big dreams of how the world could be.

Thank you for our friends that support us and pray for us like Daniels friends did.

We pray for the world that they would trust you to bring them through these difficult times.



Galatians 6 v 2

"By helping each other with your troubles, you truly obey the law of Christ."

Try to learn this verse together, it is quite long so you may need to get creative - you could come up with some actions to help you remember it or decorate the verse on a piece of paper or card together and put it up somewhere to remind you of it through the week.

Family Activity 2

Play a game of sleeping lions...

The aim of the game is to see who can lie down and stay the most still like they are asleep for the longest. Take it in turns to be the judge and keep an eye on the sleepers.

If your players are too good, why not try to make them laugh by telling some jokes!

You could also use the game as a time to think of all the people in the story who God spoke to while they were sleeping.



Family Activity 3

God can speak to us through our dreams just as he spoke to the King and Daniel. Why not make some time over breakfast this week to share with one another what you have dreamed about?



You could also pray before bed and ask God to speak to you in your dreams and help you remember what you dreamed about.

Active Prayer

You will need: Paper and pens

We don't have to be asleep to dream. Our prayer for the world is that God's kingdom would come... we can imagine what that would look like as we pray.

Draw your own prayer pictures of what you think the world would look like if everybody in it accepted God as their King and allowed God's power to rule in their lives.

As you draw your picture ask God to make your dream a reality.

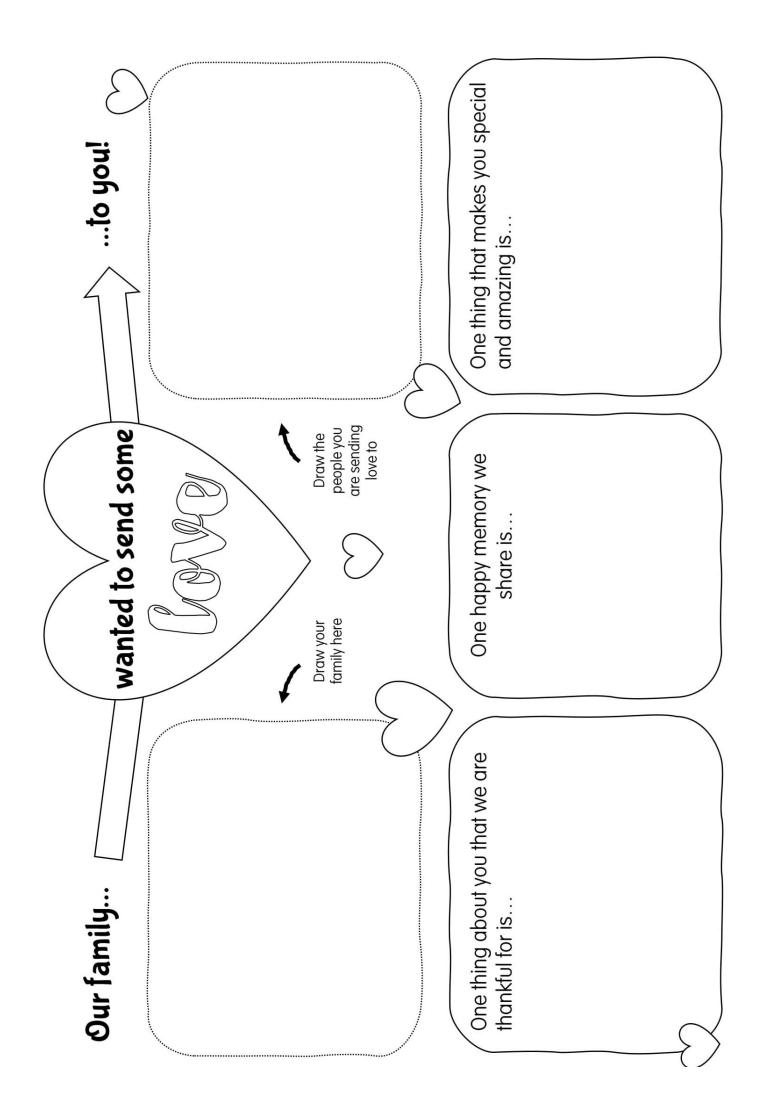


Helping Older Children

It can be hard not having contact with friends who your children were used to seeing every day at school. It can also be hard to balance restricting time on devices and helping children to maintain contact with friends.

Why not encourage your children to try traditional communication methods such as letter writing to connect with their friends?

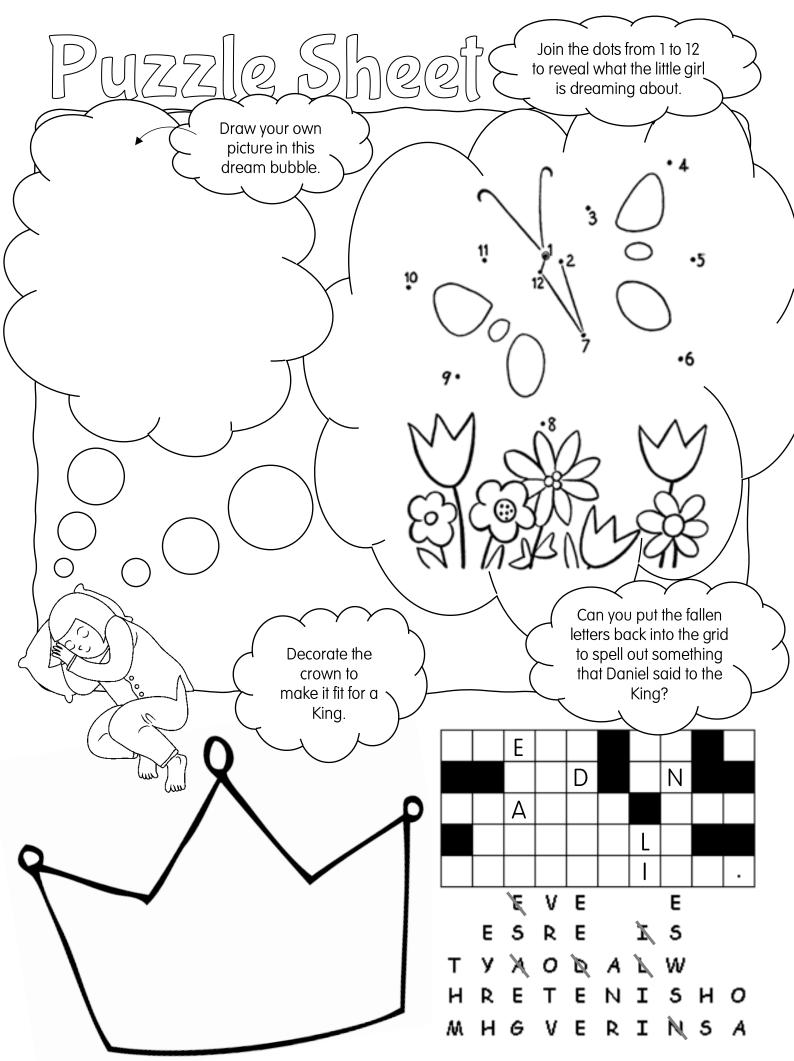
Encourage them to share prayer requests with church friends and spend time praying for the needs of the friends they can't meet with.





GALATIANS 6 V 2

Answer: There is a God in heaven who reveals mysteries.



Bible Passage

ogether

Today we will be exploring together, the story of the Fiery Furnace

You can find it in your Bible in: Daniel 3

Read the story together – choose a Bible translation or children's story version which best suits your group.

A prayer to say together

Dear God,

Thank you for the story of Shadrach, Meshach and Abednego in the fiery furnace. Thank you that you are always with us even in the most difficult situations.

Help us to be like the friends in the story who stood up for what they knew was right and chose to live right for God.

We pray for our government and leaders who are making difficult decisions in the world at the moment. Give them wisdom to do what is right and best for all.

Amen

Discussion

H

A question for adults to ask children

What did King Nebuchadnezzar want everybody to do? Why do you think he wanted them to do this?

King Nebuchadnezzar had a giant golden statue built of himself, it was 90 feet tall, that is approximately 6 and a half double decker buses high! He wanted everybody to bow down and worship the statue of himself. Just to make sure everybody did what he wanted the King threatened to kill anybody who refused.

It sounds like King Nebuchadnezzar was pretty insecure – he wanted to feel important and special, but he could only get that feeling by threatening others.

Some questions for children to ask adults

Can you think of a time when somebody asked you to do something which you knew was wrong? What did you do?

Family Activity 1

Shadrach, Meshach and Abednego knew what was right, they knew that God had said that they should not worship anyone but him. We need to make good choices, to do the right thing and live in a way that pleases God.

Play a game of Simon Says together as a reminder that we should only do things that are in line with how God wants us to live.

One person is 'Simon', they should give instructions for everybody else to follow but the group should only obey the instructions if they are preceded by the phrase "Simon says".





Deuteronomy 5 v 33

"Live the way the Lord your God has commanded"

Try to learn this verse together, you could come up with some actions to help you remember it or decorate the verse on a piece of paper or card together and put it up somewhere to remind you of it through the week.

Family Activity 2

You will need: Any craft materials you have in the house

Make your own 'fiery furnace' picture, using whatever you have around the house, why not cut red, orange and yellow pictures from any old magazines or food packaging you have to use as part of a collage.

You could turn your picture into a prayer activity by writing some of the challenges you face at the moment on the fiery furnace and adding pictures of yourselves inside the furnace. Don't forget to add an extra person, just like Shadrach, Meshach and Abednego we are never alone in our challenges, God will bring us through safely to the other side.



Active Prayer

Play a game of musical prayers. Just like musical statues - put on some worship music and dance around to it, but when the music stops everybody should stand still like a statue and pray until the music begins again.

You could make a list of people to pray for before you begin or think about different leaders around the world who you can pray for.

Why not pray that they would be wise and able to make good decisions for the people they are in leadership over. Pray that they would not be like King Nebuchadnezzar, but that God would give them wisdom to make right and good decisions.



Helping Older Children

Peer pressure and being encouraged to do things which we know are against God's will is still something we can face in our daily life.

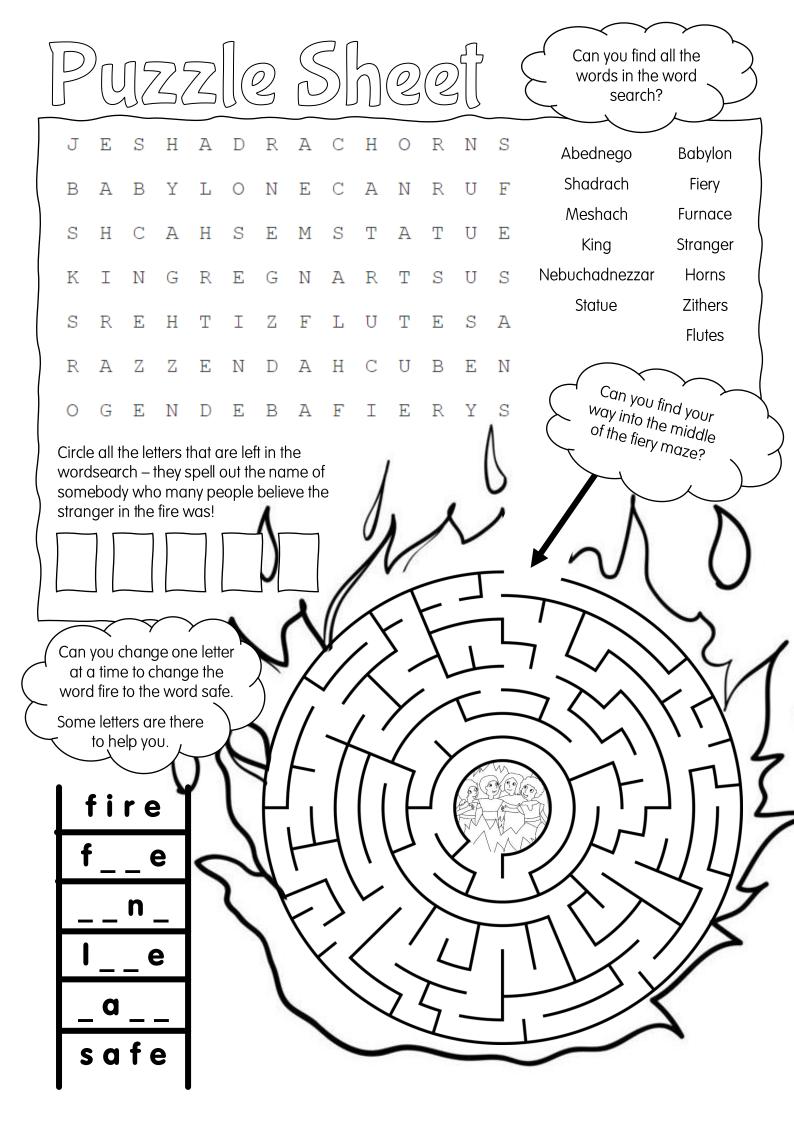
Even though our children are interacting with their peers differently at the moment there might still be temptation to behave in a similar way to classmates or watch programmes or video clips that others are watching.

As Christians we can choose to live differently even if that means saying no to our friends. Encourage your children to question whether a behaviour or activity is pleasing to God. Explain that if your friends really support you, they will accept when you say no to things even if they don't understand your reasons completely.

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5033 VEMER



ogether

A question for adults to ask children

Discussion

H

Who did King Nebuchadnezzar share his story with?

Verse 1 tells us that King Nebuchadnezzar wrote a letter to everybody in the world! He wanted everybody to know what God had done, even though King Nebuchadnezzar had made mistakes and been punished, even though it must have been embarrassing for others to know about the seven years when he was eating grass and not cutting his hair! King Nebuchadnezzar wanted everybody to know that God had kept his promise and brought him out of that strange time and returned him to his position as King. Even our most difficult and embarrassing times can be used by God to help others learn more about Him.

Some questions for children to ask adults

Can you think of a really embarrassing story from your own life? What lessons did it teach you?

Family Activity 1

You will need: a piece of card e.g. a cereal box, glue, or tape

Create a feast fit for a King (who eats grass)!

Either from your garden or on your daily walk collect some grass, flowers, and leaves. Use them to create your own collage together. Tape or glue what you have collected into your own picture.

Perhaps you could make your a picture of King Nebuchadnezzar in the story of make a crown from the natural materials you have found.



A prayer to say together

Bible Passage

Today we will be exploring together,

the story of King Nebuchadnezzar's second dream.

You can find it in your Bible in:

Daniel 4

Read the story together – choose

a Bible translation or children's

story version which best suits

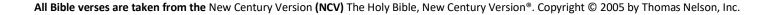
Dear God,

your group.

Thank you for the story of King Nebuchadnezzar's second dream – thank you that you can use even our most difficult times to help us learn more about you.

Help us to look for you and opportunities to tell others about you even in our most embarrassing and tough times.

There are many people facing challenging and difficult times at the moment, we pray that at the end of these times they will be able to look back and give you praise for bringing them through.



2 Corinthians 5 v 17

"If anyone belongs to Christ, there is a new creation. The old things have gone; everything is made new!"

Just like King Nebuchadnezzar, all of us have the opportunity of a fresh start as a friend of God. Because Jesus died and rose again for us, we all have our own story to share with others about the new life God has given us. Try to learn this verse together, you could come up with some actions to help you remember it or decorate the verse on a piece of paper or card together and put it up somewhere to remind you of it through the week.

Family Activity 2

Tell your story...

Spend some time sharing your own stories of your most embarrassing moment! If you have action figures, Lego, playdough, or cuddly toys around that you could use why not use them to share the story – or even ask your family to help you act it out!

Can you use items you have around the house to re-enact the story of King Nebuchadnezzar and his second dream? Just don't eat any real grass!

Active Prayer

King Nebuchadnezzar wrote a letter to be shared far and wide – he wanted everybody to know how God had brought him through his most difficult and messy time. He included the best and worst bits.

Write out a story of a day in the life of your family in your own words – you could even illustrate it with your own drawings. Include even the messy and embarrassing bits – as you write it think about how God was with you at each point in your day.

Why not share the story with another family either by sending them pictures or by posting your story through their letterbox?

Pray for all those who read your story that they would learn more about God's love by reading it.

Helping Older Children

Older children might question the fact that King Nebuchadnezzar was punished by God for his wrong behaviour. It may feel like our current situation is a punishment from God; but we know that even though we make mistakes the price has already been paid and Jesus has already taken the punishment that should have been ours.

We can believe and trust that God has good plans for our future. We may not know how long it will take but we do know that God has a future for us beyond this pandemic. We also know that God's heart for us is that we would be healthy and happy – coronavirus is not something that has come from God.

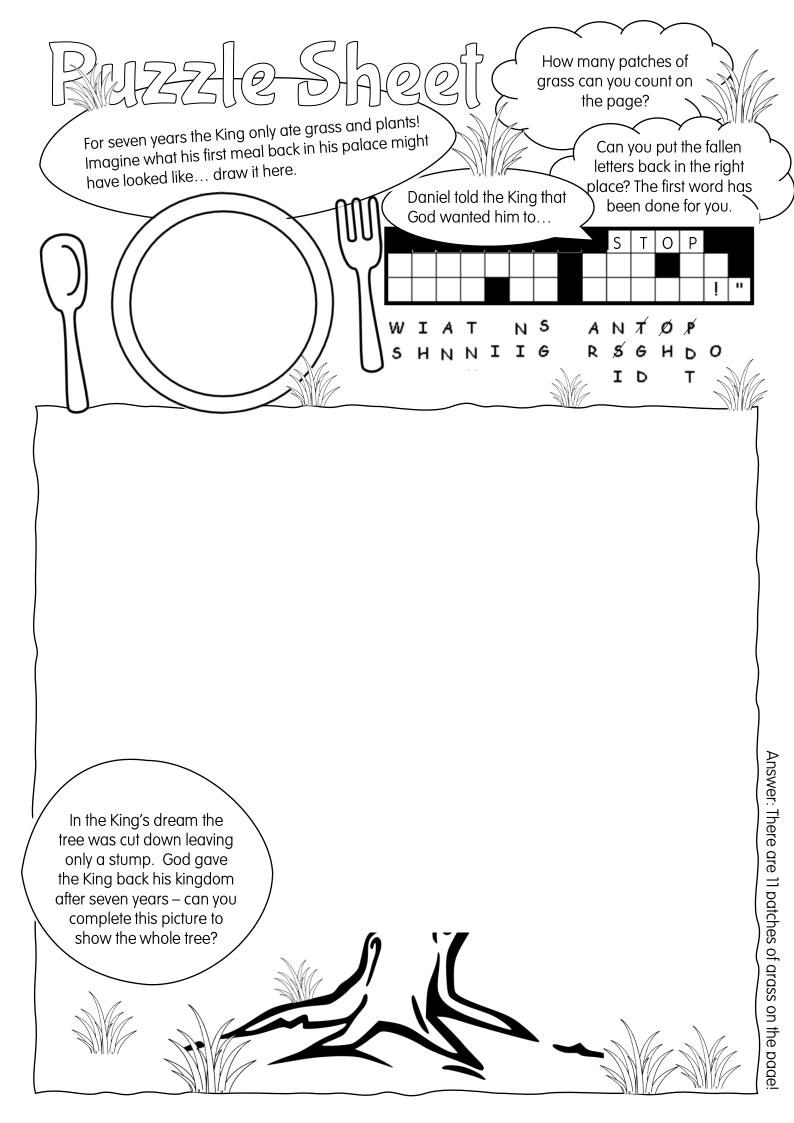






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Discussion

A question for adults to ask children

Why did a message appear on the wall for King Belshazzar?

Belshazzar was the son of King Nebuchadnezzar. King Nebuchadnezzar had lots of ups and downs – like the time he built a giant statue of himself and asked everybody to pray to it (Daniel 3) – even thought God showed King Nebuchadnezzar how amazing He is by rescuing Shadrach Meshach and Abednego from the fire the King still thought he was the most important person. God forced the King to lose his position and be humbled by living in the wilderness.

Belshazzar had seen everything that his father had done, but he had not learned from his father's mistakes. He still thought he was more important than God – he even took the special cups from God's temple to use for himself. The message told Belshazzar that God was going to humble him too by taking his kingdom away from him.

A question for children to ask adults

Can you think of a time when you learned a valuable lesson from the example of somebody else?

Family Activity 1

Today's story is all about humility, that means not thinking of yourself as the most important. King Belshazzar and his father King Nebuchadnezzar both thought they were more important than God, but God calls us to put Him first and live to serve God and others.

Hold a backwards race – the aim is to move from one side of the room to the other – but rather than going as fast you can and trying to reach the other side first, you must go as slowly as you can and try to come last. You must keep moving all the time though – if you stop you are disqualified!

How does this race help us think about what it means to be humble?

Today we will be exploring together, the story of the writing on the wall.

Bible Passage

IFNE

geither

You can find it in your Bible in: Daniel 5

Read the story together – choose a Bible translation or children's story version which best suits your group.

A prayer to say together

Dear God,

Thank you for the story of the writing on the wall. Help us remember to be humble, to know that you are God and that all we have is only because of you.

Help us to be like Daniel who listened to your voice and lived in obedience to you.

Where we see others making mistakes help us to be kind and forgiving like you are to us. Help those living their lives without you to come to know you as King.

Micah 6 v 8

"The Lord has told you, human, what is good; he has told you what he wants from you: to do what is right to other people, love being kind to others, and live humbly, obeying your God."

Try to learn this verse together, you could come up with some actions to help you remember it or decorate the verse on a piece of paper or card together and put it up somewhere to remind you of it through the week. How can we live more humbly, putting obedience to God and service to others first in our life?

Family Activity 2

You will need: Paper and a pencil/pen

One person has the paper and pen, a second person stands behind them. (You might find it is easiest to do this at a table or with the paper stuck to the wall).

The second person uses their finger to draw a simple picture on the first persons back. The First person must feel the drawing on their back and try to draw it on the paper. Is the drawing good enough to see what it is?



Active Prayer

You will need: Paper, Pens, a bin/bucket

We serve a God who loves and forgives us, even though we mess up and make mistakes.

Write or draw any mistakes you have made that you would like to say sorry to God for.

Crumple up the paper into a ball as you remember together that God forgives all our mistakes.

Throw the ball into the bin and say a thank you to God that he removes all our sin from us and does not remember our mistakes.

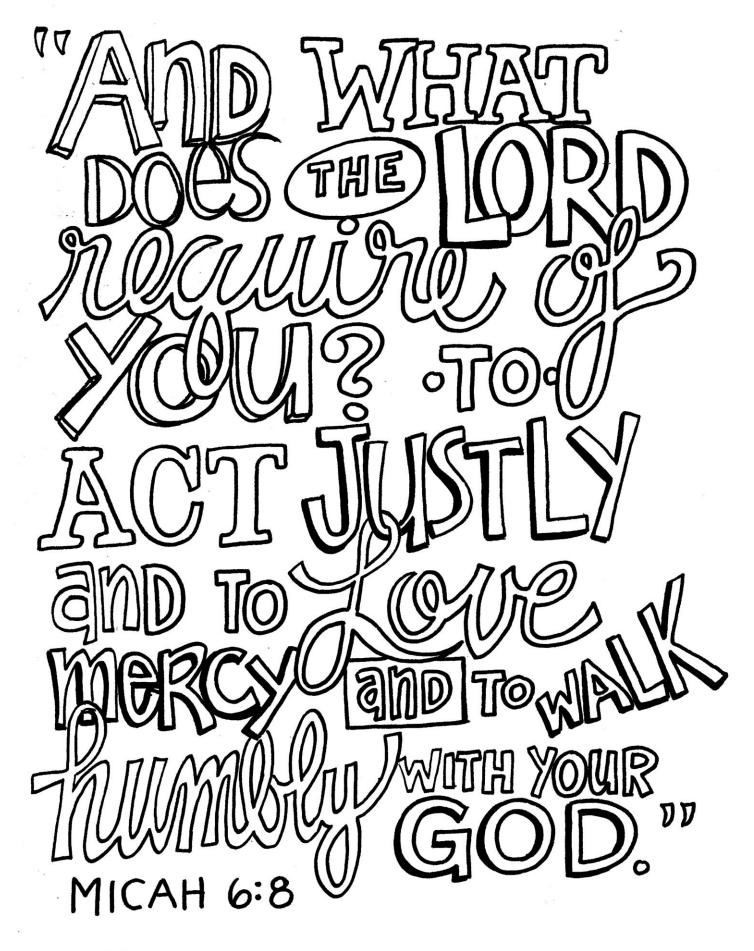


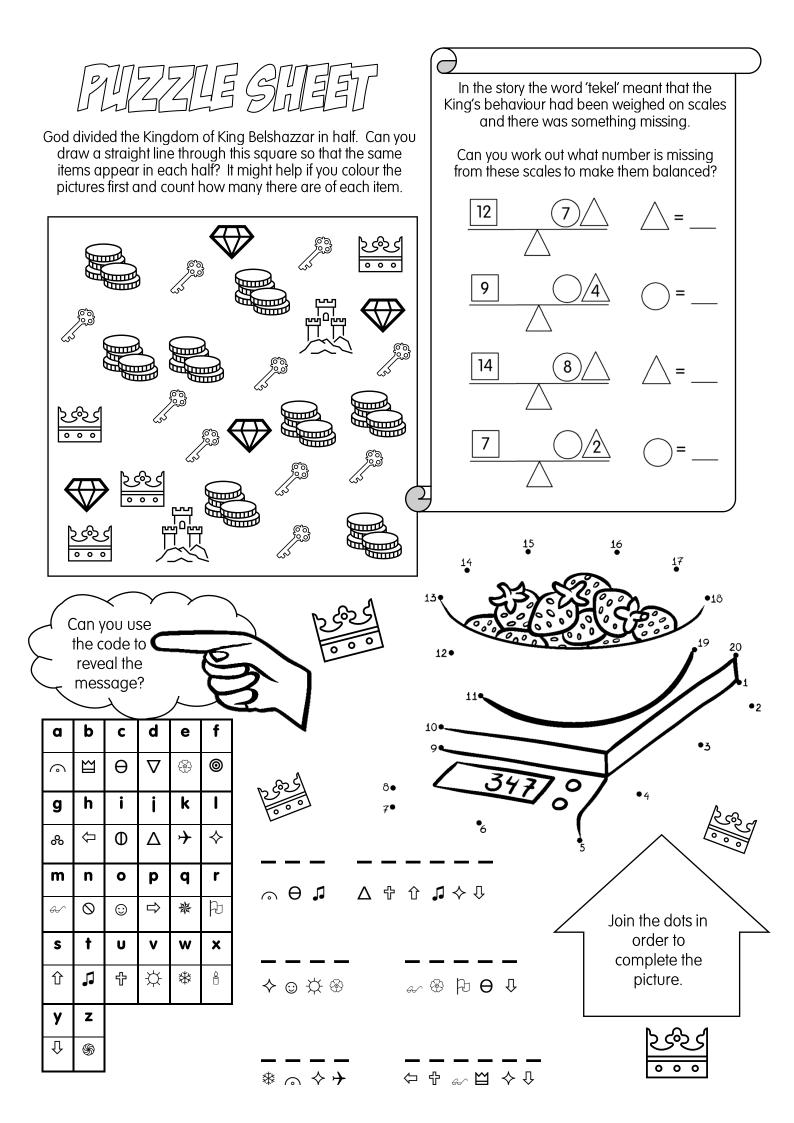
Helping Older Children

Humility is a difficulty concept; it can be tough to be humble because it often means admitting to our failings and mistakes. We can demonstrate humility by acknowledging our own failings and by being open and honest about the times when we struggle to do the right thing.

It is healthy for our children to know that just like them we can struggle to prioritise God or to think of the needs of others and not just ourselves.

You can remind your children that we serve a God of forgiveness, that being humble means admitting when we make a mistake and then working to correct it. We all make mistakes but unlike the King's in the story we can choose to learn from them and change our behaviour because of them.





Bible Passage

geither

Today we will be exploring together, the story of Daniel in the Lion's Den.

You can find it in your Bible in: Daniel 6

Read the story together – choose a Bible translation or children's story version which best suits your group.

A prayer to say together

Dear God,

Thank you for the story of Daniel who continued to pray and trust in you even when others around him were doing something different.

Help us to spend time praying and working on our relationship with you every day just like Daniel did.

Even as we cannot meet in our church buildings we know that for some Christians in the world that is not unusual. We pray for all those in the world who are persecuted for their faith and all those countries where churches cannot meet together freely.

Discussion

A question for adults to ask children

How often did Daniel pray?

Daniel prayed every day, three times a day in his room looking towards his home, Jerusalem. Daniel was one of many young men who had been taken from Jerusalem. They had been kidnapped and taken to Babylon to live there. Over time Daniel had impressed the Kings and been given more responsibility but he remained loyal to God and continued to put his relationship with God first. Praying and trusting in God was a habit that Daniel had built into his daily life, when we pray about the little things it makes it easier to pray for the big things!

A question for children to ask adults

Can you think of a time when you had to say no to something? Perhaps a time when you had to put your relationship with God first?

Family Activity 1

Play a game of sleeping lions. Everybody lies on the floor and pretends to be asleep – see who can go the longest without moving!

Take in turns to be the watcher, looking out for people moving or making noises. If nobody is moving why not tells jokes to see if you can get anybody to laugh. Here are some lion jokes to get you started.

Q: On which day do lions eat people ? A: Chewsday !

Q: Why don't lions like fast food? A: Because they can't catch it!

Q: What does the lion say to his friends before they go out hunting for food?

A: 'Let us prey.'





Psalm 17 v 6

"I call to you, God, and you answer me."

Daniel had built healthy prayer habits into his everyday life, making time to pray every day. Daniel knew that God heard his prayers and answered them. Try to learn this verse together, you could come up with some actions to help you remember it or decorate the verse on a piece of paper or card together and put it up somewhere to remind you of it through the week. How good to know that however and whenever we pray God hears us and answers.

Family Activity 2

You will need: A used toilet roll, any craft materials you have.

Take the centre roll of a toilet rolls and use any craft materials or colours you have to turn them into lions! Here are some examples of lions that other people have made to give you some inspiration!





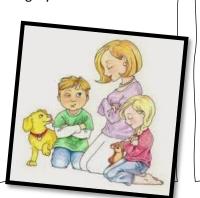
Family Activity 3 In the story of Daniel which we are thinking about this week the Lions were kept in a deep pit which was hard to escape from. Use your own furniture and blankets to build a cosy den of your own to spend time in.

Active Prayer

Why not try praying just like Daniel did! Set some reminders on a phone or device or set a kitchen timer to go off at various points during the day. Each time your reminder goes off gather together to pray.

Daniel prayed in the direction of his home city – why not select some different directions to pray in. Pick some locations locally that you could pray for – your school, church building, nearest hospital or doctor's surgery.

You might also like to pray for the neighbours who live nearest to your house in each direction.



Go on a home safari!

Did you know that you can visit a Zoo from your home?

Many zoos around the world are live streaming from inside their enclosures.

Why not watch some real life lions here: https://nationalzoo.si.edu/webcams/lion-cam

Helping Older Children

Prayer is something we can help our children build into their daily lives – it does not have to be formal or eloquently worded.

If your child shares a worry or is struggling with a task, why not encourage them to pause and ask God for help? Encouraging them to bring even the smallest things to God in prayer will help them to create prayer habits.

When something good happens why not take a moment to pause and thank God. It is great to recognise God at work in every area of our lives.

