

Parents feel free to use this guide however you like to teach your kids the lesson this week.

Introduction:

- In today's bible story, Daniel asked if he and his friends could eat vegetables and drink water instead of the food from the king of Babylon's table. Listen to our bible story to find out why.

Bible Story:

- Either watch the bible story found on our KidCity Section on the website or read from your bible. The passage is Daniel 1.

Christ Connection:

- Daniel and his friends wanted to obey God, and God helped them. In a greater way, Jesus always did what God wanted Him to do. Jesus never sinned, but He came to earth to rescue sinners. God forgives and helps everyone who trusts in Jesus.

Talk and ask Questions:

- Disobeying God by eating the king's food would have been easy for Daniel and his friends to do, but Daniel obeyed God. God made Daniel and his friends healthier than the young men who ate the king's food. God was kind to Daniel and his friends.
- Review Questions:
 1. Who marched into Jerusalem and took things from God's temple? (***Nebuchadnezzar and his army***)
 2. What were the boys who were taken to Babylon like? (***The boys were healthy, handsome, and smart***)
 3. What did God's rules say about the kind of food the king ate? (***God's rules said not to eat the food***)
 4. What did Daniel ask the man in charge? (***Daniel asked if he and his friends could have vegetables and water instead***)
 5. After 10 days, did Daniel and his friends look healthier or less healthy than the men who had eaten the king's food? (***Daniel and his friends looked healthier***)

Discussion Starters:

- For all ages of kids: Name a way God helps you obey. How do you know that obeying God is always the best choice? How can we honor God with our choices and actions?
- For older kids: Share about a time when obedience wasn't easy. How do you think God wants believers to live differently than unbelievers?

Prayer:

- God, thank you that when you give us a rule to obey, you will always help us obey it. Thank you that Jesus always obeyed you and that He died and came back to life to rescue sinners like us. Amen.