

DISCIPLING CHILDREN FROM THE WORD

THEME: I'D RATHER EAT VEGETABLES (Conviction)

SCRIPTURE: From Daniel 1

KEY VERSE: Proverbs 16:7 (New International Reader's Version)

**⁷ When the way you live pleases the Lord,
he makes even your enemies live at peace with you.**

SCRIPTURE PORTION TO SHARE:

⁸ Daniel decided not to make himself "unclean" by eating the king's food and drinking his wine. So he asked the chief official for a favor. He wanted permission not to make himself "unclean" with the king's food and wine.

⁹ God had caused the official to be kind and friendly to Daniel. ¹⁰ But the official refused to do what Daniel asked for. He said, "I'm afraid of the king. He is my master. He has decided what you and your three friends must eat and drink. Why should he see you looking worse than the other young men who are the same age you are? When he sees how you look, he might kill me."

¹¹ So Daniel spoke to one of the guards. The chief official had appointed him over Daniel, Hananiah, Mishael and Azariah. ¹² Daniel said to him, "Please test us for ten days. Give us nothing but vegetables to eat. And give us only water to drink. ¹³ Then compare us with the young men who eat the king's food. See how we look. After that, do what you want to."

¹⁴ So the guard agreed. He tested them for ten days.

¹⁵ After the ten days they looked healthy and well fed. In fact, they looked better than any of the young men who ate the king's food. ¹⁶ So the guard didn't require Daniel and his friends to eat the special food or drink the wine. He gave them vegetables instead.

¹⁷ God gave knowledge and understanding to those four young men. So they understood all kinds of writings and subjects. And Daniel could understand all kinds of visions and dreams.

Daniel 1:8 – 17 NIRV

LET'S TALK ABOUT IT:

1. Daniel had been taught the law of God which said that Jews could not eat food that was unclean. When Daniel had the choice to eat the king's food which was considered unclean by the Jews, what did Daniel decide to do?

2. What did Daniel and his friends eat for ten days?
3. What did the guard notice about these men after the ten days?
4. What's important here is not that Daniel chose vegetables over the king's food. What's important is that Daniel stuck to the convictions – or beliefs – that he had learned as a young boy. These things had to do what God had instructed them to do so this was also a matter of being believing God's Word and being obedient. Can you think of two things that you have learned that God asks us to do in His Word? Are you being faithful like Daniel to be obedient because you believe what God says? God never asks things of us that will harm us. What God asks of us is always for our good. It pleases Him when we are obedient and remain true.
5. When we live by God's Word those become what we call our convictions. Talk about being strong like Daniel to live according to our convictions rather than what others try to get us to do.
6. Some other questions you may ask:
 - a. Do you ever find it difficult to do the things that you were taught and know are the right thing to do?
 - b. What do you do in these situations? What can we do?
 - c. If we fail to do what we have been taught and we know it was the right thing to do, what can we do about it.

Talk about how we can go to God for forgiveness or even to our parents, teachers etc. if necessary. Pray with your children if they indicate a struggle in any of these areas.

SUGGESTED ACTIVITY:

1. Have the children draw a picture (crayons and paper for each child). Let each person draw a picture of something they believe about God, Jesus, or the Bible. When they are finished, let them explain their picture.
2. In Bible times people placed important Scriptures in boxes beside the door or on their forehead or on their left arm. These boxes reminded them to serve God. The Lord wants us to hide His Word in our hearts. That's why it is important to memorize important Scriptures rather than do as people did in Bible times. That way, when we face difficult situations, we can know and recall what God says in His Word how we should act or behave. Make family faith reminders. Depending on the age of children, provide heavy paper and felt-tip markers or crayons. Print all or part of Deuteronomy 6:4-5 on the reminders. Young children could print: "God is Lord. Love God." Place your reminders in a prominent place in your home to remind you of God's love for you and your love for God. From time to time, add other important Scriptures.

LIVING MY LIFE SO THAT I PLEASE THE LORD



As a Christian, there are certain convictions we should live by. Make a list of things that would be good to follow as you try to live for Jesus every day. (See Exodus 20:3-17 for some ideas).

1. _____

2. _____

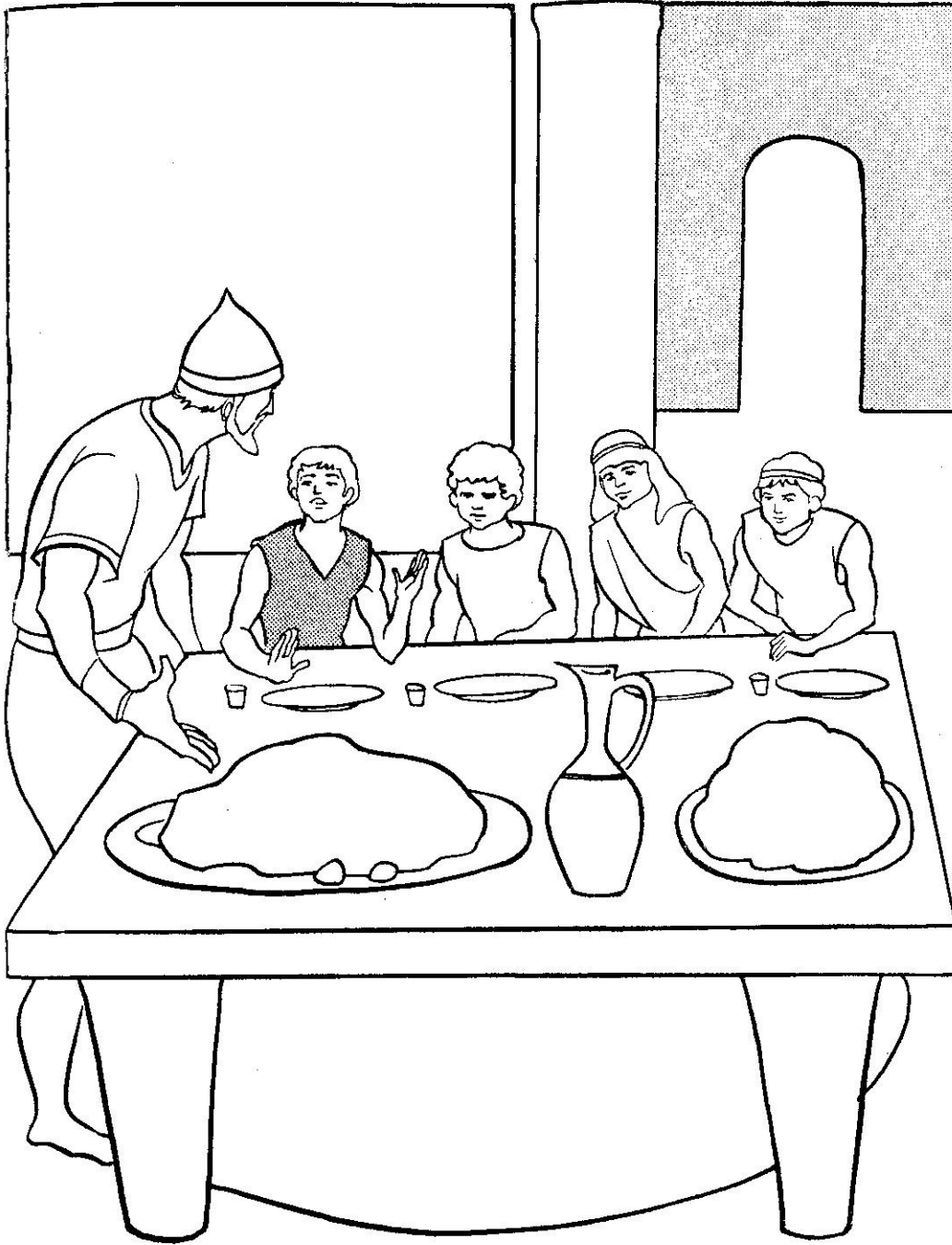
3. _____

4. _____

5. _____

6. _____

7. _____



Daniel refused to eat the food served to him, as it was not prepared according to the laws of God.