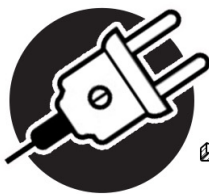


WEEK 1

Daniel's Resolve (Daniel 1:6-16)



Connect

Game: Modified Simon Says

Instructions:

Designate one person as "Simon".

Simon will call out certain actions that everyone can do using his body. Examples are swing your hands, raise your eyebrows, stomp your feet, do jumping jacks. As each action is called out, everybody, including Simon, must do the action.

Simon can choose to mislead everyone by performing a totally different action from what he has called out. Example: Simon can shout out "Do jumping jacks" but jump on one foot instead of doing the jacks.

The participants who are misled and follow Simon when he is doing the wrong action is out of the game.

Sometimes it is easier to follow what others are doing instead of doing the right thing. We will see what this looks like in today's story.



Read the Word

In Daniel 1, Jerusalem was captured by Babylon and some young men from the royal families of Judah were taken captives.

6 Among these were Daniel, Hananiah, Mishael, and Azariah of the tribe of Judah. 7 And the chief of the eunuchs gave them names: Daniel he called Beltshazzar, Hananiah he called Shadrach, Mishael he called Meshach, and Azariah he called Abednego. 8 But Daniel resolved that he would not defile himself with the king's food, or with the wine that he drank. Therefore he asked the chief of the eunuchs to allow him not to defile himself.

Daniel and a few others were taken captive by their enemies, the Babylonians. As a result, they had to adjust to a new culture around them. Their names were changed and they were to be trained so they can serve the king in the future. They were also fed with the food and wine from the king's table. Now, while it may sound good to eat the king's food, Daniel knew this will not honor God because the Babylonians prepare their food differently from the Jews.

9 And God gave Daniel favor and compassion in the sight of the chief of the eunuchs, 10 and the chief of the eunuchs said to Daniel, "I fear my lord the king, who assigned your food and your drink; for why should he see that you were in worse condition than the youths who are of your own age? So you would endanger my head with the king." 11 Then Daniel said to the steward whom the chief of the eunuchs had assigned over Daniel, Hananiah, Mishael, and Azariah, 12 "Test your servants for ten days; let us be given vegetables to eat and water to drink. 13 Then let our appearance and the appearance of the youths who eat the king's food be observed by you, and deal with your servants according to what you see."

Instead of enjoying all the unhealthy food and wine, Daniel requested that they be served with vegetables and water.

14 So he listened to them in this matter, and tested them for ten days. 15 At the end of ten days it was seen that they were better in appearance and fatter in flesh than all the youths who ate the king's food. 16 So the steward took away their food and the wine they were to drink, and gave them vegetables.

Imagine how difficult it must have been for Daniel and his friends to make the decision to be different from everybody else. They saw other Jewish boys enjoying food from the king's table every single day and yet they chose to stick to eating only vegetables and drinking only water. Do you think they were teased? Maybe. Definitely it was not easy. But do you know how Daniel and his friends were able to stick it out and not waver? Right from the start, they already made the decision in their hearts that no matter what they do, they will obey God! They knew that when faced with a choice between obeying God and doing what's right or just doing what everybody else did, they would choose to obey God. Having this determination or resolve early on helped them make their choice.



Parent to Kid

2-6 years old

- What is something you want to eat but you know isn't good for you?

7-12 years old

- Were you ever in a position where you had to choose whether to follow what your friends were doing even if you knew it was not right or to do what is right even if no one else was doing it? What did you end up doing? Tell us about it.

Kid/s to Parent:

- How do you continue doing the right thing even when it is difficult?

Here's an important lesson from this story: God is pleased when you obey Him. You may think it is easier or better to follow what everyone else is doing even if we know it does not please God. But God will always see what you are doing and when you obey Him, His favor and blessings will follow you and you will never need to be afraid of how things will turn out. Daniel did not know if his request for vegetables and water would be granted or not but he wanted to obey God. God caused his supervisor to look at him favorably to grant his request and after 10 days, he and his friends turned out healthier than all the other Jewish boys. As an added bonus, three years after all their training was done, they turned out to be the most impressive among all the young men!



Dear Lord,

There are times when it's hard for us to decide on our own. There are times when it is harder for us to do the right thing because we think that people will not like us. We pray that You give us the courage to do what is right even when it's easier to do the wrong thing.

Amen.



Do you know that up to this day, people still follow the diet that Daniel and his friends had?

"Daniel Fast" is a diet that mainly consists of vegetables and water. Given the name, it was based on the recorded events in Daniel 1. The diet normally includes water, coconut water, vegetable juice, fresh and cooked vegetables, fruits, grains, beans, nuts, and seeds. People who practice the diet avoid salty food, meat, sweeteners, processed food, bread, candy, and many others that do not classify as food for "Daniel Fast".

Source: <https://draxe.com/nutrition/daniel-fast/>

