

# **Lesson One: Decide Now to Stand Strong**

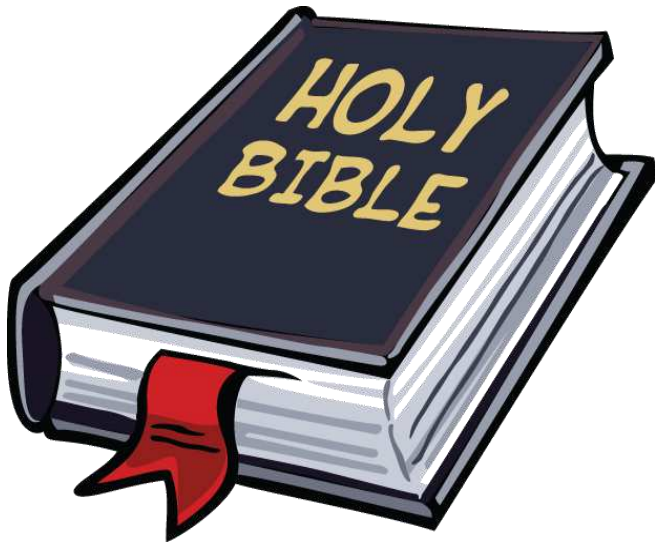
**ACTIVITY SHEETS**

# WHAT IS YOUR NAME?

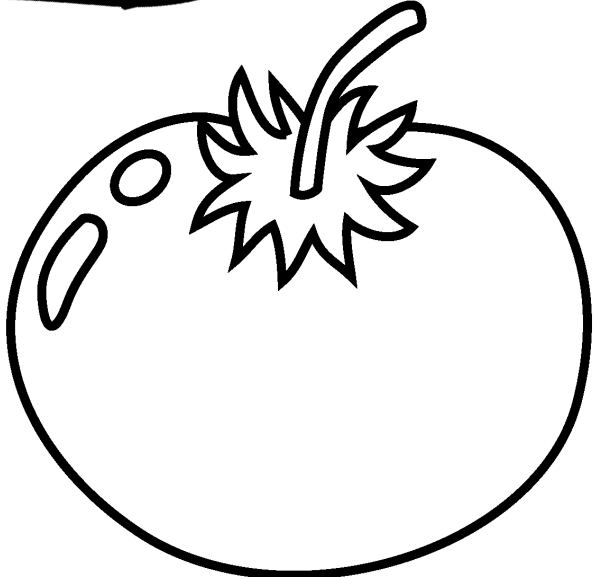
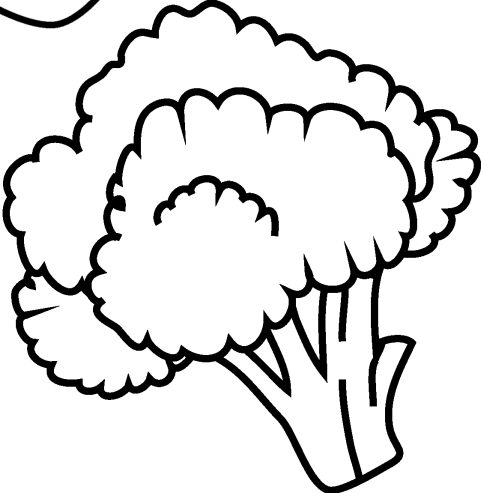
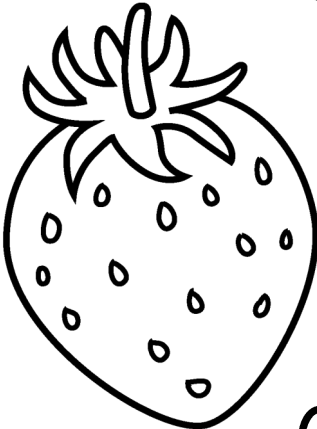
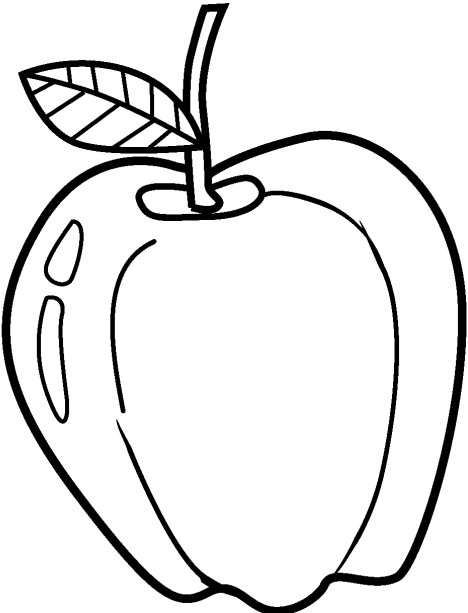
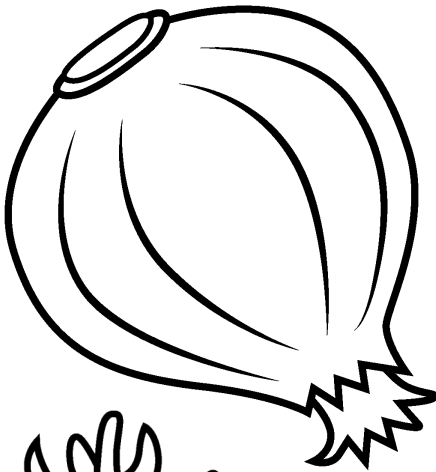
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# GOD'S RULES



# Daniel's Fruits and Veggies



# DANIEL'S STORY NUMBERS



Print and cut out one set of numbers for each small group of 4 to 5 students.





Ashpenaz would not let Daniel & his friends eat just veggies.



After 10 days, Daniel & his friends were stronger than all the others.



The soldiers from Babylon captured Judah.

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Daniel asked Ashpenaz  
if they could eat veggies  
and drink water.



The soldiers from Babylon  
took Daniel and his  
friends into captivity.



Daniel and his friends  
were given new names.

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Daniel asked the guard if they could eat veggies and drink water for 10 days.



The king thought Daniel & his friends were 10 times smarter than his smartest men.



The guard said “Yes. You can eat veggies and drink water for 10 days.”

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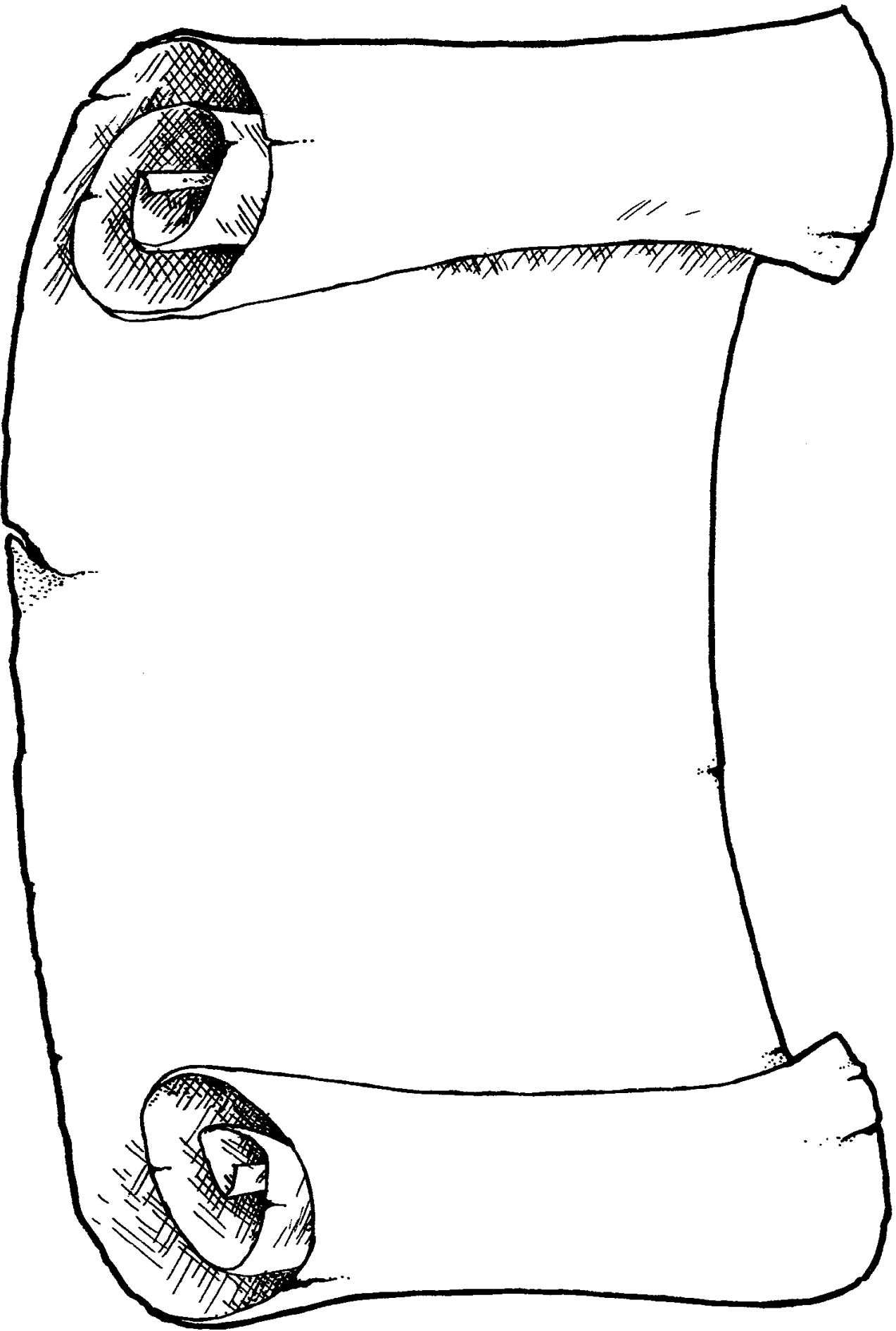


<p>IF YOU FOUND \$10 IN THE BACK SEAT OF YOUR FAMILY CAR, WHAT IS THE RIGHT THING TO DO?</p>	<p>IF YOU BROKE A LAMP AT HOME WHEN NO ONE WAS AROUND, WHAT IS THE RIGHT THING TO DO?</p>
<p>IF YOUR BROTHER OR SISTER LOST THEIR TOY, AND YOU KNEW WHERE IT WAS, WHAT IS THE RIGHT THING TO DO?</p>	<p>IF YOUR DAD TELLS YOU NOT TO PLAY VIDEO GAMES AT YOUR FRIEND'S HOUSE, BUT YOUR FRIEND WANTS YOU TO, WHAT IS THE RIGHT THING TO DO?</p>
<p>IF YOUR LITTLE BROTHER OR SISTER TAKES ONE OF YOUR TOYS, WHAT IS THE RIGHT THING TO DO?</p>	<p>IF YOU ARE IN WALMART AND YOUR FRIEND WANTS YOU TO STEAL SOME CANDY, WHAT IS THE RIGHT THING TO DO?</p>
<p>IF YOU ARE IN CHURCH AND YOUR FRIEND KEEPS TRYING TO GET YOU TO LAUGH, WHAT IS THE RIGHT THING TO DO?</p>	<p>IF YOUR FRIEND AT SCHOOL DOES NOT GO TO CHURCH, WHAT IS THE RIGHT THING TO DO?</p>
<p>IF YOUR FRIEND THROWS TRASH ON THE GROUND AT THE PARK, WHAT IS THE RIGHT THING TO DO?</p>	<p>IF YOU THINK ABOUT CHEATING ON A GAME SO YOU CAN WIN, WHAT IS THE RIGHT THING TO DO?</p>
<p>IF SOMEBODY SAYS A REALLY BAD WORD AT SCHOOL, WHAT IS THE RIGHT THING TO DO?</p>	<p>IF SOMEBODY JUST SAID SOMETHING MEAN TO YOU, WHAT IS THE RIGHT THING TO DO?</p>
<p>IF YOUR MOM TOLD YOU TO CLEAN YOUR ROOM, BUT YOU WANT TO WATCH TV, WHAT IS THE RIGHT THING TO DO?</p>	<p>IF YOU THINK THAT YOU WILL GET IN TROUBLE IF YOU TELL THE TRUTH, WHAT IS THE RIGHT THING TO DO?</p>

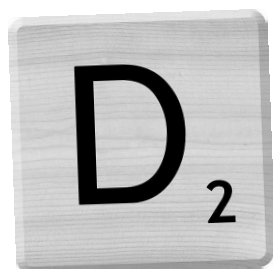


Daniel  
and his friends  
choose to  
obey God!

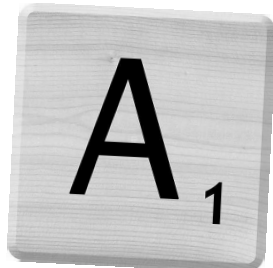
# MEMORY VERSE GAME SCROLL



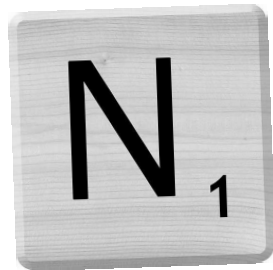
**Instructions:** Using the word 'Daniel,' create an acrostic that describes how you can be like Daniel. Example: "D—Daring"



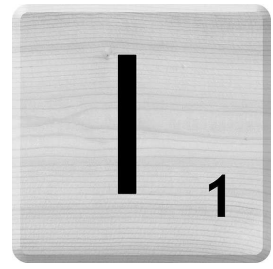
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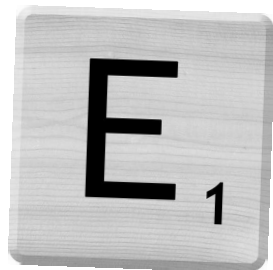
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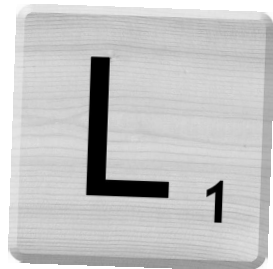
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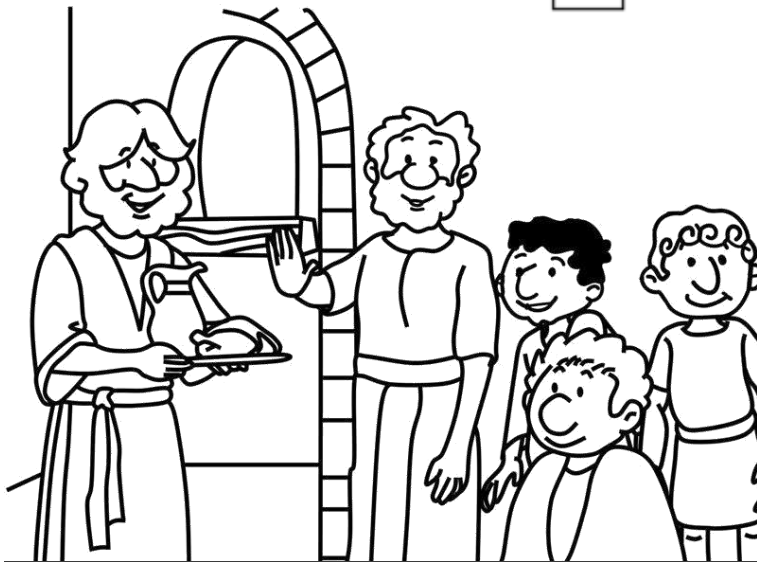
# DECIDE NOW TO STAND STRONG

**Down**

1. What the boys wanted to eat
6. Best time to decide to obey God
7. Another word for 'discipline'

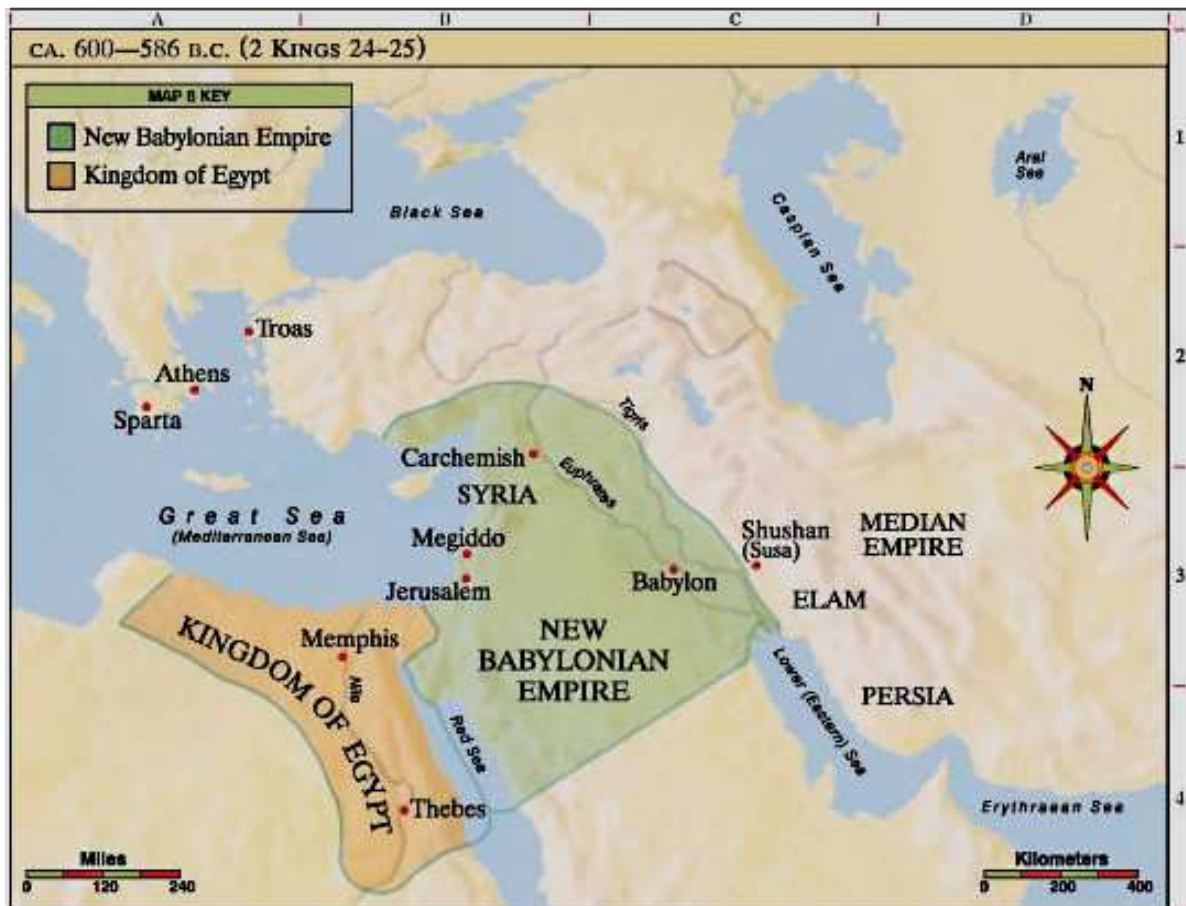
**Across**

2. What the king fed the boys
3. Daniel's polite request
4. What the boys wanted to drink
5. Where the boys went for 3 years
8. The results of the 10 day test
9. Where the boys went to train
10. Nebuchadnezzar stole this from Judah



# What was going on when Daniel was a kid?

- Egypt and Babylon were the two superpowers of the Middle East.
- Each country was competing for power, and it was only a matter of time until they would finally clash.
- The decisive battle that determined the fates of each empire finally came in the early summer of 605 B.C. in Carchemish, on the upper Euphrates River, in modern day Syria.



- After being defeated at Carchemish, the Egyptian armies retreated to their homeland which left Palestine undefended to ward off the Babylonian attackers.
- As a result, by August of 605 B.C. Nebuchadnezzar took control of the city of Jerusalem.
- A few weeks later, Nebuchadnezzar's father, King Nabopolassar, died in Babylon. Nebuchadnezzar rushed home to claim the throne.
- He was crowned King of Babylon on the day of his arrival the next month.
- On this trip home, Nebuchadnezzar carried captive with him some of the sacred vessels of the Temple of Jehovah in Jerusalem and the cream of the Jewish young men.
- Daniel and his companions were among those captives.
- Daniel was around 14-15 at the time of his captivity.

Title \_\_\_\_\_ Date \_\_\_\_\_  
Text Daniel 6:1-28

## S.O.A.P. Journaling

S

SOAP is a method of Bible reading and journaling: Scripture, Observation, Application, Prayer. It can be used with any daily Bible reading plan. You'll need a Bible, a journal and a pen.

### **S for Scripture**

Open your Bible to today's reading. Take time reading and allow God to speak to you. When you are done, look for a verse that particularly spoke to you that day, and write it in your journal.

O

### **O for Observation**

What struck you and caught your attention in what you read? What do you think God is saying to you in this Scripture? Ask the Holy Spirit to teach you and reveal Jesus to you.

A

### **A for Application**

Personalize what you have read, by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise, or corrections for a particular area of your life. Write how this Scripture can apply to you today.

P

### **P for Prayer**

This can be as simple as asking God to help you use this Scripture, or it may be a greater insight on what He may be revealing to you. Remember, prayer is a two way conversation, so be sure to listen to what God has to say! Now, write it out.

Title \_\_\_\_\_ Date \_\_\_\_\_  
Text Daniel 1:1-21

S

O

A

P

Title \_\_\_\_\_ Date \_\_\_\_\_  
Text Daniel 3:1-30

S

O

A

P



**Instructions:** Using the word 'discipline,' create an acrostic that reinforces the concepts of Christian disciplines or words that are Christian disciplines. Example: "D—Decide to Obey"

D<sub>2</sub>

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I<sub>1</sub>

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S<sub>1</sub>

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C<sub>3</sub>

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I<sub>1</sub>

---

P<sub>3</sub>

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L<sub>1</sub>

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I<sub>1</sub>

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N<sub>1</sub>

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E<sub>1</sub>

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*What is the value of discipline?*



*Daniel was*

**DETERMINED**

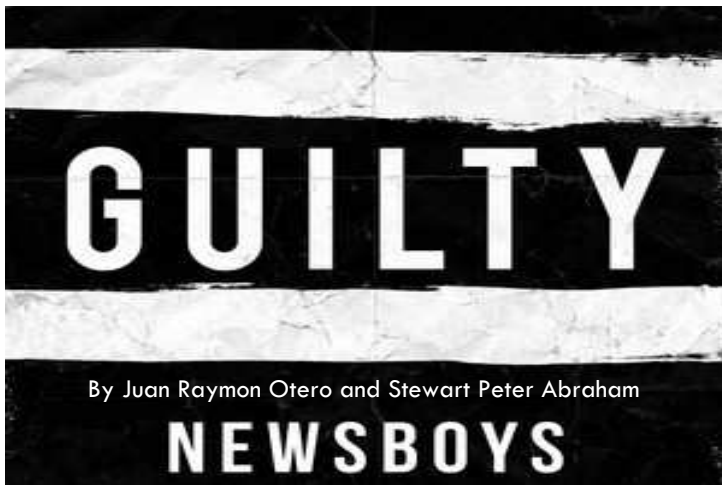
NOT TO VIOLATE

GOD'S LAW

**AND**  
**DEFILE**

*himself*

DANIEL 1:8



- Highlight all the lyrics that state intent to stay true to God
- Underline all the lyrics that describe opposition to God
- Draw a star next to lyrics that are challenging you
- Using any variety of symbols (asterisk, arrows, circles, emojis, drawings, etc.), illustrate the song
- Example, draw a broken ruler beside “breaking a rule” or a circle with a slash through it – be creative!

When did it become breaking a rule  
To say Your name out loud in school  
When Your name's the only one that sets us free  
When did it become incorrect  
To speak the truth about life and death  
When Your life gave us all eternity  
Even if it gets me convicted  
I'll be on my knees with my hands lifted  
**If serving You's against the law of man  
If living out my faith in You is banned  
Then I'll stand right before the jury  
If saying I believe is out of line  
If I'm judged cause I'm gonna give my life  
To show the world the love that fills me  
Then I wanna be guilty**  
I'll rise up and honor You  
I'll testify to the good You do  
Cause Your Grace and Your Mercy have overtaken me  
Even if it gets me convicted - I'll be on my knees with my hands lifted