

# Old Testament

## Daniel does right Daniel 1:1-21

Younger Verse

Don't worry about anything but pray about everything. Philippians 4:6

Older Verse

Don't worry about anything but pray about everything. With thankful hearts, offer up your prayers and requests to God. Philippians 4:6

Teachers: This unit is designed to help your children understand some of the stories in the Old Testament.

PLEASE remember to always include the New Testament verses—this helps each child see how God's ultimate plan was fulfilled in Christ!

Welcome Time

Bring a sugary, sweet treat and a piece of fruit or a vegetable. Ask the kids to choose which treat they would want to eat. Explain that today's lesson is about a man named Daniel. He had to make a choice. Encourage them to listen and see if he made the right choice.

Bible Story

***Please note: This portion of the lesson is given to help in teaching the lesson. Please read through the story and read it in the Bible. Do NOT read from this piece of paper. Instead, make a note sheet and place it next to the story in the Bible.***

Nebuchadnezzar was a king that ruled Babylon. One day he had his warriors attack the land of Judah. They took over the town and the people. They even took things from God's house and put them in the king's house of his god. It was not our real God.

The king ordered his helper to find in the town young men who could be his helpers. He asked for handsome, strong men that were willing to learn.

Daniel and 3 of his friends were taken to the king's palace along with other men.

The king gave the young men the best of everything. They learned the language and even got the best, most delicious foods. The king even served them wine.

Daniel knew that these foods were not what God wanted him or his friends to eat. He quietly went to the king's helper and asked for permission to eat only vegetables and drink only water.

The king's helper became afraid. He told Daniel that the king would do away with him if they looked skinny or malnourished.

Lesson Goals

**See right choices to make  
Follow God and trust Him  
Be polite to others**

Daniel had an idea. He explained that he and his friends would test the idea to see if it worked. For 10 days, they would eat only vegetables and drink water.

So for 10 days they crunched and munched on vegetables and water. What kind of vegetables would you eat if you were Daniel?

At the end of 10 days, the king's helper compared Daniel and his friends to the other young men. Sure enough, Daniel and his friends looked more healthy and they were better nourished. So, the guard had all the men eat the diet of vegetables and water.

At the end of 3 years, the king talked to all the young men. He found that Daniel and his 3 friends were 10 times smarter than the other men.

God helped Daniel and his friends make right choices. They followed God instead of doing what everyone else was doing. God blessed them for it.

We have a choice to make too. We have a choice if we want to go to Heaven. God made a way for us to get there. God loved us so much that He sent His only Son, Jesus, to help us get to Heaven. Jesus did something for us that no one else would ever do. He took our punishment and died on a cross for all our wrong sins. He took our place. We must believe in Him and know that He came back to life after 3 days. We must ask Jesus to forgive our sins and come into our hearts. Jesus will come into our lives and help us live for God and do things God's way. If you want to know more about how to choose Jesus, talk to us about it anytime.

#### Learning Activities

Try activities to help the kids learn and apply the lesson to their lives.

#### Memory Verse Activities

Play telephone verse—whisper the verse to the first child. He in turn, whispers it to the next person beside him. When the verse reaches the end, the last child recites the verse out loud to see whether it is correct.

#### Prayer Time

Remind the children that Jesus prayed before they ate and He also prayed at other times. Let them name times that Jesus and others prayed. Take time to circle up and pray too.

#### Snack Time/CleanUp

It would be fun to make some quick biscuits (bread) if you have an oven. Buy a can of biscuits or make some using Biscuit mix. Yummy!

Planning for Lesson 90  
Rak, Shak and Benny  
Daniel 3:1-20

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## Preschool Lesson For Daniel Does Right

Long ago, there lived a man named Daniel. He loved God very much. One day, he and his people were taken to another place to live.

The king ordered all the strong men to come to his palace to learn. Daniel and three of his friends were taken to the palace along with other men.

The king gave all the young men the best of everything. They learned new languages and got to eat the most delicious foods. They may have had delicious food like pizza, hamburgers, fried chicken etc. These men got to eat this food every day! The king also gave them yummy things to drink.

Daniel loved to eat, but he knew that these foods were not what God wanted them to always eat. He quietly talked to the king's helper and asked if he and his friends could eat vegetables and water.

Daniel had a great idea. He and his friends would eat good vegetables and drink water for 10 days while the other people ate the rich foods. After 10 days, they would see who looked better.

Believe it or not, at the end of 10 days, Daniel and his friends were more healthy and strong!

God helped Daniel make the right choice. They loved God and wanted to do what He said. God wants us to make right choices too. He wants us to be kind to others and help them.

Sing this song to the tune of "Mary had a little lamb."  
Daniel had a choice to make, choice to make, choice to make.  
Daniel had a choice to make, what would he do?

He chose to eat good food, good food, go-od food.  
He chose to eat good food to make him strong and healthy.

After they ate for 10 days, for 10 days, for 10 days,  
After they ate for 10 days, they were very strong.

Everyone should eat good food, eat good food, eat good food,  
Everyone should eat good food to be strong and healthy.

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## Hands-On Activities For Daniel Does Right

Bring veggies and ranch dip to munch.

For small children, make a chart for each child with their height and weight.

Use a variety of veggies to make paint prints. Potatoes can be cut into shapes to stamp into the paint. Corn and celery make unusual designs also.

Make a placemat using cut outs of food from magazines or the kids can design their own.

Preschoolers can take turns washing foods like carrots or celery. Bring peanut butter for a dip.

Have fun tasting food blindfolded! Bring slices of fruits and veggies to taste. See if each child can identify the fruit or vegetable.

Preschoolers love to pretend. Let them “pretend” to cook lunch for you! As they bring you “pretend plates of food,” thank them and make noises like you are eating the food.

Teachers be sensitive to children who may have food allergies. Bring substitutes for these children so they can have fun participating also.

There is a fun tongue exercise included in the packet.

Try this delicious smoothie: 1 cup orange juice, 1 banana, 1/4 c. dry milk, 1 tsp. vanilla. Blend together and enjoy.

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