

Week of:
January 15, 2023

Who's Counting?

Preteen

Today's Bible Story: Rise Up (Daniel's Integrity) • Daniel 1

Today's Bottom Line: Your health matters to God.

Monthly Memory Verse: "Set your minds on things above, not on earthly things." Colossians 3:2 NIV

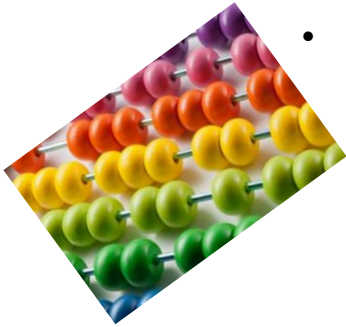
Monthly Life App: Counting – we count what really matters.

Activity: Questions and Answers

What you need: Index cards

(After the Video) What You Do:

Before the activity: Write the questions and answers listed below on index cards.



- Questions are listed below with the answers in parentheses:
 - What was Daniel's hometown? (*Judah*)
 - Why was Daniel taken to Babylon? (*Daniel was taken to Babylon because King Nebuchadnezzar conquered Judah and marched all the people to Babylon to live*)
 - What were Daniel and his friends being trained to do? (*They were being trained to serve the king*)
 - Integrity is . . . (*choosing to honor God by living a healthy life*)
 - What new name was Daniel given? (*Belteshazzar*)
 - What were Daniel's friends' names? (*Shadrach, Meshach and Abednego*)
 - What did King Nebuchadnezzar want Daniel and his friends to forget? (*He wanted them to forget they were God's people*)
 - Why didn't Daniel want to eat food from the king's table? (*Eating the king's food would dishonor God because it had been offered to false gods*)
 - What happened when Daniel and his friends only ate vegetables for 10 days? (*They looked healthy and well fed—they looked better than the men who ate the king's food*)
- **Ask** your child to come and sit with you.
- **Create** a "Question Board" by placing the "Question Cards" face down in a 4x3 grid on the floor in the center of the circle.
- **Create** an "Answer Board" by placing the "Answer Cards" face down in a 4x3 grid on the floor in the center of the circle.
- **Guide** your child in turning over two cards—one from the "Questions Board" and one from the "Answers Board."
- **Ask** your child to read the question aloud and **encourage** them to think of the answer before they turn over an "Answer Card."
 - If the cards match (i.e. the answer card correctly answers the question), your child will get to keep them.
 - If they don't match, your child will return the cards face down in the spot they were in to start with.
- **Continue** until all the cards have been paired up.

- **Ask:**
 - How would you describe Daniel? Why?
 - Integrity is more than being honest—it is about honoring God with our lifestyle and choices no matter what others may think—no matter whether anyone will see or hear you being honest. How did Daniel and his friends show integrity?
 - *(This is an opportunity to talk about how Daniel did not change who he was or how he acted because he was forced to live in Babylon. Daniel still put God first in everything he said and did. Daniel wanted to honor God by living a healthy life and taking care of his body. Our circumstances shouldn't determine if we are going to live with integrity, we should choose to have integrity in whatever we say or do because that honors God. For example, you should choose to eat fruits and vegetables and only eat sweets sparingly.)*
 - **Challenge** your child to give an example of when it might be hard to show integrity and honor God by living a healthy life.
 - Who in your life would you describe as having integrity? Why would you describe them that way?
 - **(Be prepared** to share someone in your life you would describe as having integrity and why would you describe them that way.)

PRAYER:

“Dear God, we know it can be hard to have integrity. Please help us honor you by living a healthy lifestyle. Help us to learn to treat our body like a temple. When things get tough, help us choose YOUR way, just like Daniel and his friends did. We know that following You is always best! We love You, God, and we want to follow You always. We ask these things in Jesus’ name. Amen.”

