

Week of:
January 15, 2023

Who's Counting?

Elementary

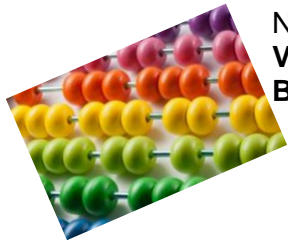
Today's Bible Story: Rise Up (Daniel's Integrity) • Daniel 1

Bottom Line: Your health matters to God.

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

Virtue: Counting – we count what really matters.

Basic Truth: God's plan is bigger.



Activity: The Crooked Path

What you need: Floor tape and Bible or Bible App

(After the video) What You Do:

- Pass out the Bibles.
- Use the Bible navigation tips below to help kids find this month's memory verse, Colossians 3:2.

Finding verses with kindergartners: Guide kids to open the Bibles to the marked page. Point to "Colossians" at the top of the page as you say, "Colossians." Then guide kids to find the big number 3 on the page. Explain that this is the chapter number. Finally, guide them to look under the big 1 for the little 2; this is the verse number. Tell them to leave their finger on the second part of the verse as you read it aloud. Then lead everyone to say the verse together.

Finding verses with 1st through 4th graders: Guide kids to open their Bibles to the front and find the table of contents. Hold up a Bible opened to the table of contents to show the kids what the page looks like. When the kids find the table of contents, lead them to find "Colossians" in the list under "Old Testament." You can help by telling them that Colossians starts with the letters C-O. When the kids find Colossians, lead them to look at the page number beside the word. Explain that the number tells them on what page they can find Colossians. Help the kids find the page. When they find Colossians, explain that the big numbers on the page are the chapter numbers. Help them find chapter 3. Explain that the small numbers are verse numbers. Help them find verse 2 in chapter 3.

- Use the floor tape to create a "crooked" line with the tape.
- Instruct your child to walk along the tape line as you repeat the verse together.
- After your child has walked along the path, ask your child to help you mark a straight line of tape on the floor.
- Repeat the verse again as your child walks along the straight path.
- Leave both tape lines on the floor.

What You Say:

"What is the difference between these two paths? (*Pause.*) Exactly. One is crooked, and one is straight. When we choose integrity, it's like walking a smooth, straight path. God wants us to choose integrity. One way we can choose integrity is by honoring God with our health. God wants us to take care of our bodies. The Bible tells us we should treat our bodies like a temple. This means we need to exercise and eat the right foods. This week, when you find yourself in a situation where you're tempted to eat junk food, think about these two paths. Think about which one you'd rather be on. Choose integrity. Choose to honor God with your life by living a healthy life. **[Bottom Line] Your health matters to God.**"

PRAYER:

“Dear God, we know it can be hard to have integrity. Please help us honor you by living a healthy lifestyle. 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.”

