

Today's Bible Story: God cares about my health.

Daniel's Food • *Daniel 1:8-17*

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

Bottom Line: God cares about your health.

Activity: Healthy Plates

What you need: Paper and coloring supplies

What You Do:

Before the Activity: Draw the outline of a plate on a piece of paper.

During the Activity: Help your children draw some of their favorite healthy foods on their plates.

What You Say:

Before the Activity: Are you ready to dive deeper into today's true Bible story? Let's get started! What does your paper look like? (Pause.) A plate, you're right!

During the Activity: We are going to decorate your plate with healthy foods just like in our Bible story today. (Help your children decorate their plates with healthy foods.) Good job! Look at all the amazing healthy foods God has made for us. God made these healthy foods because **[Bottom Line] "God cares about your health."** Say that with me. **[Bottom Line] God cares about my health.** Nice job! God wants us to eat healthy foods so we can take care of our bodies just like Daniel did in our Bible story today.

After the Activity: In our Bible story today, we learned about a guy named Daniel. Daniel was in a training program for King Nebuchadnezzar. The king wanted them to study and learn new things and have all the fancy food and drink from his table. But that was a problem for Daniel because back then, God had a rule about what His people could eat. Daniel loved and followed God, so he had to say no to the food and no to the king. God helped Daniel make the right choice and eat only vegetables and drink only water. When we ask God to help us, He will. God is so powerful. He can help us make the right choice! **Who cares about your health? [Bottom Line] God cares about your health.**

PRAYER:

"Dear God, Thank You for food and how You use it to make us grow strong. Thank You for foods like (name some of the foods you drew during the activity). They are SO good to eat! We also want to thank You for using Your awesome power to help us make right choices. I pray that (say each child's name) will always look to You to help them know the right choice to make when it comes to picking healthy foods to eat. We love You, God. In Jesus' name, amen."

