

LESSON



Passing the Test

WORSHIP We are happy to worship God.

References

Daniel 1; *Prophets and Kings*, pp. 479-490.

Memory Verse

“Reject the wrong and choose the right” (Isaiah 7:15, NIV).

Objectives

The children will:

Know that they can worship God by making good choices.

Feel responsible for the choices they make.

Respond by choosing only things that are good for them.

The Message



We worship God when we choose good things.

Getting Ready to Teach

The Bible Lesson at a Glance

Daniel and his friends are taken captive and forced to live in King Nebuchadnezzar’s palace. When they are offered rich food and wine from the king’s table, they decide to ask for simple foods and water. They ask the king’s servant to let them eat and drink the things they know will keep them healthy and make them strong. The servant agrees to let them try simple foods for 10 days. At the end of that time, Daniel

and his friends appear to be healthier and stronger than any of those captives who drank wine and ate food from the king’s table. They chose what they knew was best for them.

This is a lesson about worship.

Making good choices tells God that we care about ourselves and about Him. When we choose to eat foods that will keep us healthy, we are worshiping God by keeping our bodies healthy. God wants us to

FIVE

Program Outline			
LESSON SECTION	MINUTES	ACTIVITIES	MATERIALS NEEDED
Welcome	ongoing	Greet students at door; hear pleased/troubled	none
1 Readiness Options	up to 10	A. <i>Choices Collage</i> B. <i>Food Pyramid</i> C. <i>Children, May I?</i>	old magazines, scissors, paper, glue sticks food pyramid pattern (see p. 141), crayons none
* Prayer and Praise*	up to 10	See page 57. *Prayer and Praise may be used at any time during the program.	
2 Bible Lesson	up to 20	Experiencing the Story	cloth or plastic gloves (optional); washable colored markers; string, yarn, twine, ribbons or chenille wires of different colors (optional)
		Bible Study	Bible
		Memory Verse	Bible
3 Applying the Lesson	up to 15	<i>Eggsactly Right</i>	plastic eggs, tiny bags, or other small containers, various pictures or objects
4 Sharing the Lesson	up to 15	<i>Good Choices Badge</i>	badge pattern (see p. 141); heavy paper; crayons; scissors; yarn, string, or ribbon

make wise choices in everything we do.

Teacher Enrichment

"But a portion having been offered to idols, the food from the king's table was consecrated to idolatry; and one partaking of it would be regarded as offering homage to the gods of Babylon. In such homage, loyalty to Jehovah forbade Daniel and his companions to join. Even a mere pretense of eating the food or drinking the wine would be a denial of their faith. To do this would be to . . .

dishonor the principles of the law of God" (*Prophets and Kings*, p. 481).

"Today men and nations are being tested by the plummet in the hand of Him who makes no mistake. All are by their own choice deciding their destiny, and God is overruling all for the accomplishment of His purposes" (*Prophets and Kings*, p. 536).

Room Decorations

Continue to use the "throne room" from Lesson 2.

Teaching the Lesson

Welcome

Welcome children at the door. Ask how their week has been—what they are pleased/troubled about. Encourage them to share any experiences from last week’s lesson study. Have them begin the readiness activity of your choice.



Readiness Activities

Select the activity most appropriate for your situation.

A. Choices Collage

Help the children draw a line through the center of their paper. Then have them cut out pictures of people making good and bad choices and glue the good choices to one side of their paper, and the bad choices to the other side.

Debriefing

Allow responses as you ask: **Did you find more people making good choices or bad choices? Which do you think it is easier to do? Do you want to make good choices?**

God is happy when we make good choices because we become closer to Him. Jesus wants to help you make good choices. Our Bible story is about four young men who had to make a choice about what to eat. Today’s message is:



We worship God when we choose good things.

Say that with me.

You Need:

- old magazines
- scissors
- paper
- glue sticks

B. Food Pyramid

Supply each child with a food pyramid pattern (see p. 141) and crayons. Have them color the foods in the pyramid. Say: **Have you ever seen this before? It is a food pyramid. Do you know what a pyramid is? A pyramid is shaped like a triangle, and it is strongest and largest on the bottom. This food pyramid tells us what foods are the healthiest to eat and how much of them we should eat.** Talk about the different food groups and how many servings a day they should have, etc.

You Need:

- food pyramid pattern (see p. 141)
- crayons

Debriefing

Allow response time as you ask: **What is your favorite food? Where is it on the food pyramid? Does that mean you should eat a lot of it or just a little of it? Why is it important to eat healthy food? Does Jesus**

want us to keep our bodies healthy?

Our Bible story is about four friends and the food choices they had to make. Jesus is happy when we make good choices because we become closer to Him. Today's message is:



We worship God when we choose good things.

Say that with me.

C. Children, May I?

This is a twist on the children's game "Mother, May I." Have all the children stand against the back wall of the room or in a line several feet away from you.

Say: **I'm going to ask your permission to do different things. Some are good for me. Some are bad for me. If something is good for me, I want you to shout, "Yes, you may!" If it's bad for me, shout, "No, you may not!" Let's practice. I'll ask, "Children, may I hit my mommy?" You'll say, "No, you may not!" Repeat after me. I'll say, "Children, may I read the Bible?" You'll say "Yes, you may!" Repeat after me.**

Each time you answer yes, you may take one step forward. Each time you answer no, you must take one step backward. Ask various questions until everyone is fairly close to you, then ask: **"Children, may I give you a hug?"** They'll probably say yes. Then you will do a group hug.

Debriefing

Allow response time as you ask: **What did you like best about this game? Was it because you got to tell me what to do? God isn't like that. He lets us make choices.**

Our Bible story is about four friends who had to choose between healthful food and water that they knew was good for them, or the food and wine that was not good for them. God is happy when we choose good things because it makes us closer to Him. Today's message is:



We worship God when we choose good things.

Say that with me.

*

NOTE: Prayer and Praise appears on page 57.

2

Bible Lesson

Experiencing the Story

You Need:

- cloth or plastic gloves (optional)
- washable colored markers
- string, yarn, twine, ribbons, or chenille wires of different colors (optional)

Give each child a cloth or plastic glove. Help them draw a simple face on each of the five fingers of the glove. The thumb will be both the king and Melzar, the index finger Daniel, the other three fingers Daniel's friends. Make one for yourself to use also.

If it is too impractical to use gloves, draw the characters on the fingers and thumb of one hand of each child with some washable writing material. Or wrap string, yarn, twine, ribbons, or chenille wires of different colors around each finger to represent the different characters.

Say: **We're going to tell today's story together. Let's put**

on our story gloves and begin. Show the children whom the different fingers represent and how to manipulate their fingers for the various characters. Tell the children to follow your actions as you tell the story.

Read or tell the story.

Daniel and his friends were very, very tired [*four fingers of gloved hand drooping; thumb folded on palm*]. And they were very, very sad [*four fingers drooping*]. They had been captured by the king of Babylon, Nebuchadnezzar. [*Have the thumb grab the four fingers in the glove.*] He had brought them to his palace to teach them lots of things. [*The thumb is still grabbing the other fingers and marching them along—bobbing up and down.*] After they had taken a bath and changed into new clothes, the king's servant, Melzar [*thumb pops up; wiggle thumb up and down*], said, "Supper is ready."

Daniel and his friends entered the dining room. [*Thumb folded; four fingers up straight.*] The tables were covered with beautiful, delicious-looking food.

But Daniel and his friends looked at one another sadly [*fingers drooping*]. It wasn't the kind of food God had said they should eat. [*Thumb folded; four fingers close together and waving back and forth as if to say "No."*]

So Daniel [*wiggle index finger as he talks*] asked Melzar, the king's servant [*thumb pops up*], "May my friends [*wiggle three fingers*] and I eat the kind of food we are used to eating? the kind of food our God has told us to eat?"

Melzar [*thumb pops up—continue on in the same fashion*] liked Daniel, but he didn't think Daniel's idea was a good one. So he said, "The king ordered you to eat his food. If you get skinny and sick, the king will get rid of me for not doing my job."

Daniel thought about this and said, "Please test us for 10 days. Give us only simple food to eat—food that our God says is clean. And give us water to drink. Then see how we look after 10 days."

Melzar agreed [*thumb nods yes*] to let Daniel and his friends eat, for 10 days, the kind of food God told them was OK. When the 10 testing days were up, Daniel and his friends looked very healthy and very strong. [*Move four fingers as if they are exercising.*] They looked healthier than the other captives who had been eating the king's food and drinking the king's wine. Melzar, the servant [*pop thumb up*], decided Daniel and his friends had made a good choice. He let them continue to eat the simple food they wanted. [*Melzar nods yes.*]

God blessed Daniel and his friends [*wiggle four fingers*] at King Nebuchadnezzar's palace. He helped them as they studied in King Nebuchadnezzar's school. And on the day the king asked them what they had learned in his school, Daniel and his

three friends responded better and more wisely than all the other wise men in the kingdom. *[March fingers around proudly.]*

Debriefing

Allow responses as you ask: **What choices did Daniel and his three friends make? Did they choose good things or bad things? Do you think Daniel and his friends were a little scared to ask Melzar if they could have different food? Who helped them? Do you think their choice made God happy? How did God help Daniel and his friends?**

Daniel and his friends had to choose between obeying God and eating good food, or obeying the king and eating unhealthy food. When we choose to obey God, we are worshiping Him. Remember our message? Let's say it together:



We worship God when we choose good things.

(Story glove idea adapted from *Saving Your Sanity: A Creative System for Teaching Preschoolers* [Loveland, Colo.: Group Publishing, 1997], pp. 84, 85.)

Bible Study

You Need:
 Bible

Open your Bible to Daniel 1. Point to the text and say: **This is where today's story is found in**

the Bible. Read the verses aloud, paraphrasing as necessary.

Debriefing

Allow response time as you ask: **Where were Daniel and his three friends taken after they were captured? What did the king want them to eat and drink? What did Daniel and his friends want to eat? How long was their test period? How did they look after the 10 days? After three years how did they do on the king's test?**

Do you want to choose good things as Daniel and his friends did? Remember . . .



We worship God when we choose good things.

Say that with me.

Memory Verse

Turn to Isaiah 7:15 and say: **This is where we find our memory verse in God's Word, the Bible.** Read aloud the portion of the verse that is the memory verse. **"Reject the wrong and choose the right."** Then proceed to teach the memory verse as outlined below.

You Need:
 Bible

Reject the wrong

Shake head no and frown.



and choose the right.

Nod head yes and smile.



Isaiah 7:15

Palms together, then open.



3

Applying the Lesson**Eggsactly Right****You Need:**

- plastic eggs, tiny bags, or other small containers
- various pictures or objects

Before class fill and hide plastic eggs, tiny bags, or some other small containers with pictures or objects representing things that are good and bad, such as fruits, vegetables, toys, Bibles, cigarettes, alcohol, guns, knives, nuts, candy, Jesus, Vacation Bible School flyer, exercising/playing sports, music tape or CD, nature/animals, picnic with family, etc.

Tell the children you want them to go on a treasure hunt to find some eggs/bags. Tell them to bring their eggs/bags/container back to their seats without opening them.

When everyone has found something say: **Open your containers now and show what you have to the class, one at a time. If it's something good for you, you need to shout: "Yes, yes, we'll be blessed!" If it's something bad for you, you need to shout: "No, no, we won't go!" Let's practice that now.**

Debriefing

Allow responses as you ask: **How do you know if something is good or bad for you? Why is it important to say yes to good things and no to bad things? Is it always easy to make good choices? What if your friends are making a bad choice? Who can help you be strong and choose not to follow them?**

Good choices keep your body healthy. Good choices keep your mind pure and clean. When we make bad choices, they get in the way and keep us from being close to God. They make us do or think or say things that make Jesus sad.

Do you want to worship and honor God with the choices you make? Next time you have a choice you can remember Daniel and his friends and do what's best for you. Let's say our message together again:



We worship God when we choose good things.

4

Sharing the Lesson**Good Choices Badge**

For each child copy a badge from the pattern (see p. 141) onto heavy paper and punch out the hole. Have the children color their badges and string the yarn, string, or ribbon through the hole. Help them tie it around their necks.

Debriefing

Allow response time as you ask: **Do you know what your badge says? You can wear your badge and**

show it to people you meet. When they ask you about it you can tell them about Daniel and his friends' good choices. And remember this week:



We worship God
when we choose
good things.

Say that with me.

You Need:

- badge pattern (see p. 141)
- heavy paper
- crayons
- scissors
- yarn, string, or ribbon

Closing

As you pray for the children, ask God to help them make good choices this week.

PRAYER AND PRAISE**Fellowship**

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). Allow time for sharing experiences from last week's lesson study and review the memory verse. Acknowledge any birthdays, special events, or achievements. Give a special warm greeting to all visitors.

Suggested Songs

- "Jesus Helps Me Choose" (*Little Voices Praise Him*, No. 304)
- "This Is the Day" (*Little Voices Praise Him*, No. 238)
- "Making Music" (*Little Voices Praise Him*, No. 220)
- "Hallelu, Hallelu" (*Little Voices Praise Him*, No. 213)

Mission

Use a story from *Children's Mission*.

Offering

Say: **We worship God when we share our offerings with others.**

Prayer

Have a circle prayer. Ask each child to thank God for a favorite food. Finish the prayer by giving thanks to God for good food.

*Prayer and Praise may be used at any time during the program.

STUDENT LESSON

Passing the Test

References

Daniel 1;
Prophets and
Kings, pp. 479-
490

Memory Verse

“Reject the wrong
and choose the
right” (Isaiah
7:15, NIV).

The Message

We worship
God when we
choose good
things.

What is your favorite food? your favorite song? Are all of these the best choices for you? Daniel and his friends made a good choice.

Daniel and three of his friends stopped and stared up at the huge, beautiful palace. They were very tired, and very sad. Strangers in a strange country, they were captives of the king of Babylon.

Once inside the palace, servants took the boys to big bathtubs. After their baths a servant handed each one fancy new clothes and showed them their new rooms. “Supper will be ready soon,” the servant said.

Daniel and his friends knelt beside their new beds. They prayed that God would help them be strong and choose good things in this strange country where people didn’t worship Him.

Soon the servant called the new captives to supper. Daniel and his friends followed him into the dining room. Delicious-looking food covered the tables, food that came from the king’s table and had been offered to idols. Daniel and his friends looked at one another with wide eyes. What should they do? This was the kind of food they knew God didn’t want them to eat.

Daniel went to the chief official in charge of all the captives. “May my friends and I eat the kind of food our God has told us to eat?” he asked politely.

The official was afraid of Daniel’s idea. “The king ordered you to eat his food and drink his wine,” he answered.

“If you get pale and sick-looking, the king will kill me for not doing my job.”

Daniel thought about the problem. He spoke to Melzar, the guard appointed to care for Daniel and his friends. “Will you test us for 10 days?” he asked Melzar. “Please give us only

simple food to eat; food that our God has told us to eat. And give us water instead of wine. You can see how we look after 10 days.”

Melzar agreed to the test. For 10 days he gave the boys simple food and water to drink.

When the 10 testing days were up, Daniel and his friends looked healthier than the boys who had been eating

the king’s food and drinking the king’s wine. Melzar decided Daniel and his friends had made a good choice. He let them continue to eat the simple food.

God blessed Daniel and his friends because of their obedience to Him. He helped them learn all the things they studied in King Nebuchadnezzar’s school. And three years later when the king tested them, he discovered that Daniel and his three friends had learned more and were wiser than all the other wise men in his kingdom.

Daniel and his friends had chosen good things for their bodies. They had worshiped God by their choices. You can do the same.



Do and Say

Sabbath

Each day this week read the lesson story together and review the memory verse.

Reject the wrong . . . Shake head no and frown.
and choose the right. Nod head yes and smile.

Isaiah 7:15 Palms together, then open.

Sunday

Talk about good food choices when you are at the grocery store. Look in your refrigerator or cupboards.

Help your child point out fruit, grains, nuts, and vegetables.



Monday

Encourage your child to share the "Ask me about good choices" badge they made in Sabbath School with someone while they tell them about Daniel and his choices. Or help them make a badge by drawing a circle and writing the quote in it, and stringing ribbon through a small hole so they can wear it around their neck. Or attach tape or velcro so they can wear it as a badge.

Tuesday

Look in magazines or books for people choosing

good things. Ask: What choices do you have every day? (To obey/disobey, to be kind/unkind, what to watch on TV, etc.) Do you make good choices? Thank Jesus for choices.

Wednesday

Help your child think about the food they ate yesterday. Help them count how many fruits and vegetables they ate, how many grain products, dairy, etc. Talk about good food choices your family made. Let your child help choose a healthful menu for tomorrow's dinner.

Thursday

Name something for which your child has a choice (food for breakfast, books to read, TV programs, etc.). Let them know that sometimes we have two good choices, but one would be better for us.



Friday

Help your child shop for a special Sabbath meal and help prepare and serve the meal.

Act out the Bible story with your family. Read Daniel 1 together. Ask: What did Daniel and his friends choose to eat? How did they look at the end of 10 days? Did God help them? Is it always easy to make good choices? What should you do if your friend makes a bad choice?