

LESSON



Three Times a Day

WORSHIP

We are happy to worship God.

References

Daniel 6; *Prophets and Kings*, pp. 539-548.

Memory Verse

"[Daniel] prayed, giving thanks to his God" (Daniel 6:10, NIV).

Objectives

The children will:

Know that Jesus' friends talk to Him in prayer every day.

Feel confident that God listens to their prayers.

Respond by sharing their problems and joys with God in prayer.

The Message



We worship God when we pray.

Getting Ready to Teach

The Bible Lesson at a Glance

Daniel's coworkers are jealous of him. They trick King Darius into commanding that no one should pray to anyone except himself. If anyone does, he will be thrown into a den of lions. Even though some of the king's men watch him, Daniel still prays three times a day. So the men tell the king, and the king has to have Daniel put into the lions' den. Daniel is determined to be faithful to God. God sends angels to keep Daniel

safe, and the king recognizes the power of Daniel's God.

This is a lesson about worship.

When we pray and place ourselves in God's hands, we are worshiping Him. Just as Daniel knew that God would be with him, we also can have that same assurance.

Teacher Enrichment

"The prophet's enemies counted on Daniel's firm adherence to principle for

EIGHT

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>Three Times a Day</i> B. <i>In the Lions' Den</i>	none none
* Prayer and Praise*	up to 10	See page 83. *Prayer and Praise may be used at any time during the program.	
2 Bible Lesson	up to 20	Experiencing the Story	yellow or brown paper napkins; thread, rubber bands or paper clips; drawing of a window (optional); Bible
		Bible Study	Bible
		Memory Verse	Bible
3 Applying the Lesson	up to 15	<i>The Where, What, When of Prayer</i>	<i>Little Voices Praise Him</i> songbook; blackboard, whiteboard, or poster board; chalk or marker
4 Sharing the Lesson	up to 15	<i>Fragrance Jars</i>	small jars or plastic cups (optional); circles of tulle or fabric; elastic bands or ribbons (optional); ready-made potpourri or dried flowers and leaves (optional); dried slices of lemon, orange, and/or apple (optional); potpourri oil or perfume

the success of their plan. And they were not mistaken in their estimation of his character. He quickly read their malignant purpose in framing the decree, but he did not change his course in a single particular. . . . At the hour of prayer he went to his chamber, and with his windows open toward Jerusalem, in accordance with his usual custom, he offered his petition to the God of heaven. He did

not try to conceal his act. Although he knew full well the consequences of his fidelity to God, his spirit faltered not" (*Prophets and Kings*, pp. 540-542).

Room Decorations

See Lesson 5. Use the sheet draped over chairs from Lessons 3 and 7 for a "lions' den." Make sure all the children can get in it at once.

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. Three Times a Day

Say: **Follow what I do. Put both arms straight out to your sides.** Allow response time as you say: **Early in the morning, God loves us. What things from early in the morning can we thank God for?** (breakfast, sun, birds singing, a new day, protection during the night, etc.)

Move your right arm so it points straight up (like the sun moving through the sky). Say: **God loves us at noontime, too. What things from noontime can we thank God for?** (lunch, recess at school, warmth of the day, time to rest, etc.)

Move your right arm to your left arm like the end of a day. Say: **God loves us at night, too, when it's time to go to bed. What things about nighttime can we say thank You to God for?** (my soft bed, my family, my toy stuffed animals to hug at night, protection during the day, etc.) Say: **Let's say together: Thank You, God, for the morning, for the noontime, and for the nighttime.**

Debriefing

Allow response time as you ask: **How many times a day do you pray? Did you know that Daniel prayed three times a day? Morning, noon, and night. God loves to listen to our prayers at any time of the day or night. When we pray we are worshiping Him and telling Him we love Him. Today's message is:**



We worship God when we pray.

Say that with me.

B. In the Lions' Den

Divide the children into two groups. Have half of them line up in two rows, face-to-face with a little space in between so a person can walk through. Say: **Do you remember some stories in the Bible that talk about lions? (Samson, David, Noah, Daniel) What sounds do lions make? Are they tame animals, animals that you can pet? Would you like to be very close to real lions?**

We're going to pretend that half of you are lions. Half of you will pass through this row of "lions." These "lions" can roar, but they can't touch people because the people are praying people. Allow time, then switch places and have the other children pass through the row of "lions."

Debriefing

Allow response time as you ask: **Wasn't it fun to walk by the roaring "lions"? How do you think you would feel about walking among real lions? In our Bible story someone stayed with some lions for a whole night. What do you think happened? Yes, he prayed. And God heard his prayer. He could talk with God anywhere, even in the lions' den. Today's message is:**



We worship God when we pray.

Say that with me.

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

"Let's Give the Lord Our Praise" (*Little Voices Praise Him*, No. 219)

"A Little Talk With Jesus" (*Little Voices Praise Him*, No. 227)

"I Talk to Jesus" (*Little Voices Praise Him*, No. 228)

"Pray" (*Little Voices Praise Him*, No. 231)

"Angels" (second verse) (*Little Voices Praise Him*, No. 121)

Mission

Use a story from *Children's Mission*. Ask: **How did the people worship God in our story today?** (Don't limit discussion to Sabbath activities.)

Offering

Say: **We can worship God by sharing our offerings so others will know that they can talk to God through prayer.**

Prayer

Say: **Did you know we can talk to God by singing? Let's sing a prayer to Him.** Sing together "I Will Pray" (*Little Voices Praise Him*, No. 229).

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

2

Bible Lesson

Experiencing the Story

You Need:

- yellow or brown paper napkins
- thread, rubber bands, or paper clips
- drawing of a window (optional)
- Bible

Make sure your "lions' den" is large enough for all the children to sit in (see Room Decorations). Clear an area by a window where the children may sit, or tape a drawing of a window on the wall and have them sit near it.

In advance, rip napkins into long shreds. Attach them together at the top with some thread, an elastic band, or paper clip. Make one for each child. These will be the lions' manes.

To use them, put the gathered top of the napkin in your palm and spread the ripped parts to the back of your hands as "hair." Hold your other hand over the gathered top of the napkin. Your fingers will be the lion's teeth. Open and close your hand for opening and closing the lion's mouth. Demonstrate this for the children so they will know how to use the "lion's mane."



Read or tell the story.

Daniel was one of King Darius's most important helpers. Some of the other helpers or princes didn't like Daniel. They whispered secretly [*whisper*], "Let's watch him carefully so we can get him in trouble. We'll catch him doing something wrong."

They watched and spied on Daniel. They watched Daniel at home; they watched him at work; but they couldn't find anything he did that was wrong.

"I have a new plan," one prince announced. They huddled together, talked, and then went to see the king. Let's go to the throne room [*move with the children to the throne*].

"Long live King Darius," the princes said, bowing low [*bow*]. "We think it would be a good idea for you to make a

new law. Let the law say that for the next 30 days the people of your kingdom may only pray to you." The princes went on to say that if anyone disobeyed the law, they should be thrown into the lions' den.

King Darius smiled. He liked to have people bow down before him. This law sounded like a good idea. So he said, "Write it down, please. It will be a law, and our laws can't be changed."

When the princes left the palace, they were laughing. "Now we can catch Daniel. He will never pray to anyone but his God!" They knew Daniel very well. They knew he would disobey the king. They knew he would keep on praying to his God.

Where do you think they went after they left the palace? Of course, to Daniel's home. [*Go to a window or drawing of a window.*]

When Daniel got home, he did just what he always did. Can someone show what he did? [*Have the children kneel by the window.*] The Bible says [*open the Bible and read*], "Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before" (Daniel 6:10, NIV).

Of course the princes found Daniel praying to his God. They all hurried back to the palace and told the king [*go back to the throne*], "Daniel doesn't pay any attention to your law. He still prays to his God."

When the king heard this, he was very upset. Now he realized the princes had asked him to make the law so they could get rid of Daniel. But the king had made the law. He had to keep it. It couldn't be changed. He had to have Daniel put into the lions' den.

King Darius was very sad as he walked with Daniel to the lions' den. He knew he had been tricked. He liked Daniel, and he didn't want to hurt him. Just before

Daniel was put into the lions' den, the king told him, "May your God, whom you serve continually, rescue you!"

I don't know if the king believed that Daniel's God could save him. He loved Daniel, and he wished someone could save him from the hungry lions.

How do you think Daniel felt in the lions' den? Let's get in the lions' den we have here. *[Climb into the den with the children. Have everyone close their eyes.]*

Is it dark? Yes, I think the lions' den was dark. *[Children may open their eyes.]* It had a big stone at the entrance so the lions couldn't go out. Daniel couldn't escape either. Can you think of something else about this den that you wouldn't like? It probably smelled bad.

Now we're going to put some lion's hair on our hands and pretend our hands are lions while we roar like the lions. *[Give the children the lions' manes and show them how to hold them.]* Can you make big roars like big lions? Little roars like small lions? Can you make some hungry roars?

Do you think the lions roared that night? Maybe they roared a lot, but they didn't touch Daniel. *[Let the children roar, but not touch each other.]* Or perhaps they didn't roar at all. Perhaps they were really quiet that night. Do you know why? Jesus sent an angel to that lions' den. He took care of Daniel. The angel shut the lions' mouths. *[If some of the children are still roaring, you can say that it's very hard to roar with your mouth shut, so the lions had to be really quiet.]*

Do you think Daniel prayed that night in the lions' den? I'm quite sure he did. What do you think he said to God? Would you have prayed if you had been there? What would you have said?

I think King Darius was more worried than Daniel. Daniel could talk to God, but the king didn't know how. All evening King Darius was worried. He

didn't eat his supper. He didn't want to listen to music. He couldn't sleep. Finally, when the sun peeked over the land the next morning, the king put on his clothes and ran to the lions' den.

"Daniel, has your God been able to rescue you from the lions?" the king asked.

"O king, live forever. My God sent His angel, and he shut the mouths of the lions," Daniel answered.

King Darius was so happy! He had Daniel lifted out of the den. Everybody looked at Daniel. Perhaps they made him turn around. *[Have the children turn around.]* He didn't even have a scratch! The lions hadn't touched him! That was amazing! The king was so happy, he went back to his palace and wrote a letter to all the people in his kingdom. Do you want to know what he said in his letter?

"Daniel's God is the living God. This God can rescue and save people. He saved Daniel from the lions!" And I like to think that the king not only got to know that Daniel's God was a big God. I like to think that he got to know that he, too, could talk to that really big God.

Debriefing

Allow response time as you ask: **Why did the princes want to have Daniel thrown into the lions' den? Why didn't Daniel just pray in secret or just not pray that day so no one could see him and get him in trouble?**

Do you think you would have been brave enough to pray the way Daniel did? Why? What do you think helped Daniel be brave?

Remember . . .



We worship God when we pray.

Say that with me.

Bible Study

You Need:

- Bible

Open your Bible to Daniel 6. Point to the text and say: **This is where today's story is found in God's Word, the Bible.** Read selected verses aloud, paraphrasing as necessary.

Debriefing

Allow response time as you ask: **What kind of person was Daniel? How did the king's wise men decide to trap Daniel? What did they want the king to sign?**

Did Daniel choose to obey the king or to obey God? What did Daniel do? Could the king change the law? How did the king feel? What happened to Daniel? How did God protect Daniel?

Memory Verse

You Need:

- Bible

Turn to Daniel 6:10 and say: **This is where we find our memory verse in God's Word, the Bible.** Read the text aloud: **"[Daniel] prayed, giving thanks to his God."**

Then proceed to teach the memory verse as outlined below.



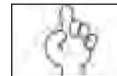
[Daniel] prayed,

Put hands together and bow head.



giving thanks

Look up and extend your arms wide.



to his God.

Point upward.



Daniel 6:10

Palms together, then open.

3

Applying the Lesson

The Where, What, When of Prayer

You Need:

- Little Voices Praise Him* songbook
- blackboard, whiteboard, or poster board
- chalk or marker

Have the children go to the "lions' den" and hide there. Allow response time as you ask: **Can you pray to Jesus where you are? Can God see where you are? Can He hear your prayer?**

God can see us wherever we are. He listens to our prayers whenever we pray. But we can have a special place to pray just as Daniel did. Where was his special place? Yes, he prayed in his room, looking out the window.

Say: **Think of different places at home where you can pray or have prayed. I'm going to write them on the board. Ask children one by one. Now I'd like you to tell me some things you talk to Jesus about when**

you pray. I'm going to write those down, too. Ask the children one by one.

Debriefing

Say: **Let's look at your responses and see where you pray to Jesus. Read responses on board. And what do you pray to Jesus about? Read responses on board. When can you pray? It doesn't have to be at a certain time. But it's nice to start the day talking to Jesus.**

Do you remember how often Daniel prayed? How do you think Daniel felt when he prayed at home? in the lions' den? How do you feel when you pray? Do you want to pray every day as Daniel did? God loves to hear you pray. He's your friend.

Say: **Let's sing a song about prayer. Sing "Praying Every Day" (*Little***

Voices Praise Him, No. 232) or some other song about prayer.

Say: **Let's say our message together again:**



We worship God when we pray.

4

Sharing the Lesson

Fragrance Jars

In advance, cut the fruit into thin slices and dry them in the oven or microwave. Ask: **What is your favorite smell? The smell of fresh bread and roses is lovely. There are many things that have nice fragrances. Did you know that the Bible says our prayers are like a lovely fragrance to God** (Revelation 5:8)?

Do you like it when mom or dad or grandma puts some perfume on you? It's nice to sniff things that smell good. I'm sure God is very happy when He listens to our prayers, because they are like perfume to Him.

We are going to prepare some fragrance now. It will remind us to pray, because our prayers are like a nice fragrance to God.

Give each child a small jar or plastic cup. Let the children choose what they want in their potpourri jars: ready-made potpourri, or dried flowers, leaves, and/or fruit slices. After they've filled the jar, add a few drops of potpourri oil or perfume. Put the tulle circle on top and secure it with an elastic band or ribbon. Shake the jar carefully so the oil or perfume mixes with all the ingredients. Or

simply let the children spray a few squirts of perfume or put a few drops of potpourri oil on a pretty piece of fabric. Encourage the children to sniff the different kinds of smells.

Debriefing

Allow response time as you ask: **How does Jesus feel when we pray to Him? What can we tell Jesus in prayer? Where can you talk with Jesus? When can you talk with Jesus?**

When you go home, share your fragrance cup with a family member, a neighbor, or a friend. Tell them that our prayers are like perfume for God. He likes them a lot. You can tell your friend that we worship God when we pray. You can help them find a prayer place of their own and put their fragrance cup there, or you can put the jar in your own prayer place. And remember:



We worship God when we pray.

Say that with me.

You Need:

- small jars or plastic cups (optional)
- circles of tulle or fabric
- elastic bands or ribbons (optional)
- ready-made potpourri or dried flowers and leaves (optional)
- dried slices of lemon, orange, and/or apple (optional)
- potpourri oil or perfume

Closing

Say: **We're going to sing a prayer to God.** Lead in singing "Whisper a Prayer" (*Little Voices Praise Him*, No. 233).

STUDENT LESSON

Three Times a Day

References

Daniel 6; *Prophets and Kings*, pp. 539-548

Memory Verse

"[Daniel] prayed, giving thanks to his God" (Daniel 6:10, NIV).

The Message

We worship God when we pray.

Do you like talking to your friends? You can talk to Jesus just like a friend anytime, anywhere, about anything, just as Daniel did.

The new king, Darius, sat on his throne surrounded by servants. "These are my orders," he began. "I am going to divide my kingdom into 120 parts. Each part will have a prince to help me rule over it. And there will be three men in charge of the princes. Daniel will be one of them." Daniel did his job very well, so the king planned to put him in charge of the entire kingdom.

When the other princes heard about this, they did not like it. "Let's get Daniel in trouble," they whispered together secretly. "We'll catch him doing something wrong, and we'll tell the king."

But although they watched Daniel carefully every day, they could not find him doing anything wrong.

"I have a new plan!" one prince announced. He huddled together with the other jealous men, and then they went to the king.

"Long live King Darius!" the princes said, bowing low. "We think you should make a new law that for the next 30 days the people can pray to only you. And if anyone disobeys, they should be thrown into the lions' den."

King Darius liked to have people bow down before him. And if the king made a law, it could not be changed. So he agreed.

The princes smiled as they left the king. "Now we can catch Daniel! Everybody knows that Daniel prays three

times a day with the window wide open."

The princes watched. Soon they saw Daniel praying, not to the king, but to his God. They hurried to the king. "Daniel is still praying to his God," they reported.

King Darius now realized that the princes had asked him to make the law so they could get rid of Daniel. King Darius liked Daniel. But the king had made the law. He had to keep it. Daniel had to go into the lions' den. "May the God whom you serve save you!" the king exclaimed to Daniel as the soldiers took him away.

All that evening King Darius worried about Daniel. And when he went to bed, he couldn't sleep. As soon as the sun

peeked over the land, the king hurried to the lions' den. "Daniel! Has your God saved you from the lions?" he shouted.

"O king, live forever!" Daniel called back. "My God sent His angel to shut the lions' mouths!"

King Darius smiled as the soldiers lifted Daniel out of the lions' den. He hurried back to his palace and wrote a letter to be read to everyone in his kingdom. "Daniel's God is the living God," the king wrote. "His God can rescue and save people. His God saved Daniel from the lions!"

King Darius' law couldn't stop Daniel from praying. The lions couldn't stop Daniel from praying. God heard Daniel's prayers. God hears your prayers, too.



Do and Say

Sabbath

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

[Daniel] prayed, . . . Put hands together and bow head.

giving thanks Look up; extend arms wide.
to his God. Point upward.

Daniel 6:10 Palms together, then open.

Sunday

Together, read Daniel 6. Ask: How did the princes trick King Darius? Where did Daniel go to pray? How did God save Daniel? Then what did King Darius say about God?

Help your child find a special prayer place.

Monday

Encourage your child to share the Fragrance Jar made in Sabbath School with someone as they tell them the Bible story. Remind them that their prayers are like a sweet-smelling fragrance ascending to God (Revelation 5:8).

Help your child start a list of things to thank God for. Add a new item each day before prayer.



Tuesday

Talk about Daniel praying in the lions' den. Ask: How would you feel if there was a law saying you couldn't pray to God? What would you do?

Help your child name three places where they can

pray, and four things they can talk to Jesus about. Thank Jesus that you can talk to Him anytime.

Wednesday

Together, look at a book about lions. Ask: how do you think Daniel felt staying all night with the lions? Do you think he slept? Do you think he saw the angel protecting him?

Blindfold your child, hold their hand, and take them on a walk around your house.

Afterward ask: Was it easy or hard to trust that I wouldn't let you get hurt? Was it easy or hard for Daniel to trust God?



Thursday

Tell your child about an answer to prayer you've had. Have them tell you one or remind them of one. Start a prayer journal and keep note of how and when your child's prayers are answered.

Friday

Help your child act out the story with your family. Make a lions' den with a blanket draped over chairs or a table.

Have everyone kneel in a circle, hold hands, and tell Jesus one thing for which they are thankful.