Preschool–Grade 6

Daniel's Diet

Sunday School Lesson for Preschool (Ages 3–5), 20–30 minutes

Main point: I can choose to obey God.
Bible passage: Daniel 1. Read Daniel 1:1–21 yourself before class.
Memory verse: "God gave them knowledge" *Daniel 1:17 (KJV)*. **Knowledge** means knowing things.
You need: a Bible, ten paper circles or buttons, an empty bowl and a cup, crayons, and one take-home sheet for each child.
Before class: put a bookmark in your Bible at Daniel 1. Hide the ten circles around the room.

1. Opening game: Ten Days Hunt (5 minutes)

Kids hunt for the ten hidden circles and put them in the bowl. Then count them together, one by one, all the way to ten. Say: "Ten! Today we will hear a true story about Daniel. Daniel and his friends were tested for ten days."

2. Bible story (5 minutes)

Hold up your Bible open to Daniel 1. Say: "This story is true. It is in God's Word." Read each line slowly and do the motion. When you see **Say it with me**, the kids say the line back to you.

Daniel and his three friends lived far from home (Daniel 1:3–6). *(Hold up four fingers.)*
They lived at the palace of a big king (1:4). *(Put a pretend crown on your head.)*
The king gave them his food and his wine (1:5). *(Hold out a pretend plate.)*
But Daniel wanted to obey God (1:8). *(Put your hand on your heart.)*
Say it with me: "Daniel made up his mind!"
Daniel asked for pulse, food from seeds, and water (1:12). *(Pretend to eat and drink.)*
They tried it for ten days (1:14). *(Hold up all ten fingers.)*
Daniel and his friends looked better than all the others (1:15). *(Make a big smile.)*
God gave them wisdom (1:17). *(Tap your head.)*
Say it with me: "I can choose to obey God!"

3. Questions to ask (3 minutes)

1. How many friends were there? *(Four: Daniel and his three friends, Daniel 1:6)*
2. What did Daniel ask to drink? *(Water, 1:12)*
3. How many days did they try it? *(Ten days, 1:14)*

4. Memory verse (3 minutes)

Say: "The Bible says, 'God gave them knowledge.' That means God helped Daniel and his friends know and learn." Teach the motions: point up for "God," hold out both hands for "gave them," and tap your head for "knowledge." Say the verse with the motions three times: in a normal voice, in a whisper, and in a happy loud voice. Then say "Daniel 1:17" and clap three times.

5. What this means for us (3 minutes)

Say: "God loves you! Everyone has done wrong things. That is called sin (Romans 3:23). Jesus is God. He came to earth as a man (1 Timothy 3:16). Jesus died for our sins. He was buried. Then He rose again (1 Corinthians 15:3–4)! The Bible tells us what to do (Acts 2:38). We repent: we tell God we are sorry, and we stop doing wrong. We are baptized in Jesus' name, down under the water, and our sins are washed away. And God gives us the Holy Ghost. That is God's own Spirit in us. When people are filled with the Holy Ghost, they speak in other tongues, words God gives them (Acts 2:4)."
Pray with the kids, and encourage them to talk with their parents and pastor about being baptized in Jesus' name and filled with the Holy Ghost. Never pressure a child.

6. Activity: Ten Seeds (5–10 minutes)

Give each child a take-home sheet. In the drawing box, help them draw a bowl and a cup, and ten little seeds in the bowl. Count the seeds together while they color. Ask: "How many days did Daniel try it? What did Daniel make up his mind to do?" Kids who finish early can play Ten Days Hunt again.

7. Prayer

Say each line, and the kids say it after you:
"Dear God, I want to obey You.
Help me make up my mind, like Daniel. In Jesus' name, amen."

Tips for little ones: let every child count to ten with you on their fingers. Keep the focus on Daniel obeying God, not on food. Send the take-home sheet home so parents can tell the story again this week.

If a child says, "I don't like vegetables": smile and say, "This story isn't about what we like to eat. It's about Daniel obeying God. You can obey God too!"

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