LESSON PLAN

DANIEL AND THE KING'S FOOD

SERIES: Suit Up - Belt of Truth
THE POINT: I will Live out God's Truth for me
BIBLE STORY: Daniel and the King's Food || Daniel 1
AGE: Grade 3 - Grade 6

ABOUT THIS LESSON

In Week 1 of the "SUIT UP" series, children are introduced to the Armour of God from Ephesians 6. This lesson focuses on the Belt of Truth. Through the story of Daniel and the king's food, children will learn what it looks like to stand firm in God's truth, even when everyone else is making different choices. Daniel trusted God's truth over cultural pressure, and God honoured his faithfulness. Children will be encouraged to choose God's truth in their own lives, even when it is unpopular or challenging.

LEARNING OUTCOMES

By the end of this lesson, students will:

- Learn, understand and retell the story of Daniel and the king's food
- Understand that, like Daniel, they can stay true to how God has called them to live
- Recognise that while people talk about "my truth," God's truth is the one we should trust and follow

BIBLE CONTEXT

Daniel 1 takes place after God's people are taken into exile in Babylon. Daniel and his friends are chosen to serve in the king's palace and are offered rich food and wine from the king's table. However, Daniel decides not to eat the king's food because he wanted to Honor God. He asks for vegetables and water. Even though this choice could have cost him his position or his life, Daniel stays faithful to God's truth. God honours Daniel and his friends obedience, as they are found healthier and wiser than the others. This story shows that living by God's truth leads to blessings.

SERIES MEMORY VERSE

Ephesians 6:11 (NIV) "Put on the full armour of God, so that you can take your stand against the devil's schemes."

Pages 2-5 have a variety of different activities to add onto the Link Crew Video!

Make this toolbox your own! Use it in whatever way helps your group dive deeper into the lesson. The goal is deep understanding and great discussions.

Page Number	Name	Activity Description
2	Discussion Guide	Discussions guides, application "Faith in Action" statements and prayer pointers to help facilitate a greater discussion.
3	Activities Page	Fun, topic based activities like a craft, game, quiz and Memory verse activity that bring the learning to life.

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DISCUSSION GUIDE

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START THE CONVERSATION

"Can you think of a time where you were certain about the truth of something only to find out that it was incorrect?"

DISCUSSION QUESTIONS, GRADE 3 – 4

1. Daniel chose not to eat the king's food because he wanted to obey God. He trusted God's truth more than fitting in. What does this teach you about choosing God's way even when it's hard? When might you need to make a choice like Daniel's?

2. The king's food looked good and was what everyone else ate, but Daniel stayed true to God's instruction. Why do you think it can be hard to live out God's truth? What helps you know what God's instruction are?

3. The Belt of Truth holds all the armour together. How does truth help keep your faith strong? What happens when truth is ignored or twisted?

DISCUSSION QUESTIONS, GRADE 5 – 6

1. Daniel lived in a culture that believed different things from God's people, yet he did not change his values. Why is it important to know God's truth for yourself? How can knowing God's Word help you stand firm when opinions change?

2. People often talk about "my truth," but God's truth does not change. What is the difference between personal opinions and God's truth? How can we remember God's truth daily?

3. Daniel made a decision ahead of time to follow God, not in the moment of pressure. Why is it helpful to decide what you believe before you are tested? What is one area where you want to stand firm in God's truth?

FAITH IN ACTION

The Belt of Truth reminds us that truth holds everything together. When we choose God's truth, we are protected and strengthened to face challenges of world and spirit. Think of one way you can live out God's truth this week.

- "I can choose to live honestly even when it's hard."
- "I can stand firm in God's truth even when others make different choices."
- "I can read the Bible to learn and remind myself of God's truth."
- "I can ask God to help me make wise decisions."

Pray

Go around the class asking your kids if there is anything they would like prayer for. Ask if anyone would like to pray for each other, and give them the opportunity to. If not, then pray for the needs as the teacher / facilitator. Remember to pray for the children to put on the belt of truth and live out God's truth around them no matter the environment or consequence.

Take note of any prayer requests to be passed onto your child's support network.

Lesson Wrap-up

Daniel chose God's truth over comfort and popularity and God honoured his faithfulness. When we put on the Belt of Truth, we choose to live God's way, even when the world says otherwise. God's truth is steady, trustworthy and worth following.

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ACTIVITIES PAGE

DANIEL AND THE KING'S FOOD

ACTIVITY - CREATE YOUR ARMOUR OF GOD AVATAR (SERIES ACTIVITY)

Supplies Needed: A3 Paper, Colouring Pens or Pencils

Children will get to create their own Avatar. The children can create themselves through drawing, painting, on the computer or with 3D objects like LEGO or clay. Each week the children will add a suit of armour to their character that reminds them of what they are learning about. This week it is the belt of truth. Have them add an awesome belt that helps remind them it is called the belt of TRUTH.

ALTERNATE ACTIVITY: (Resource attached) Colour in colouring page attached.

GAME - TRUE FOODS

Supplies Needed: Carrot, Broccoli, beans, Lettuce, (enough to play multiple rounds) 4 blind folds

Have the 4 children on stage and give them a vegetable each. The aim of the game is to work out which person has which vegetable. Everyone will be able to describe the taste and texture of the vegetable. The twist is one of the children will be told in advance that they can lie about their vegetable. The other children have to work out who is telling the truth and therefore which vegetable every child has.

BIBLE QUIZ

1. True or False: Daniel took a risk asking the chef for unique food. (True)

2. Short Answer: What did Daniel choose to eat instead? (Vegetables and water)

3. Short Answer: Why did Daniel refuse the king's food? (He wanted to obey God and stay true to His instructions.)

4. Multiple Choice: What happened after Daniel obeyed God? (b)
   a) He became sick
   b) He and his friends grew stronger and wiser
   c) He was punished

5. Multiple Choice: What does the Belt of Truth remind us to do? (c)
   a) Follow our feelings
   b) Believe everything we hear
   c) Live by God's truth

MEMORY VERSE ACTIVITY: MATCHING VERSE

Memory Verse: Ephesians 6:11 (NIV) "Put on the full armour of God, so that you can take your stand against the devil's schemes."

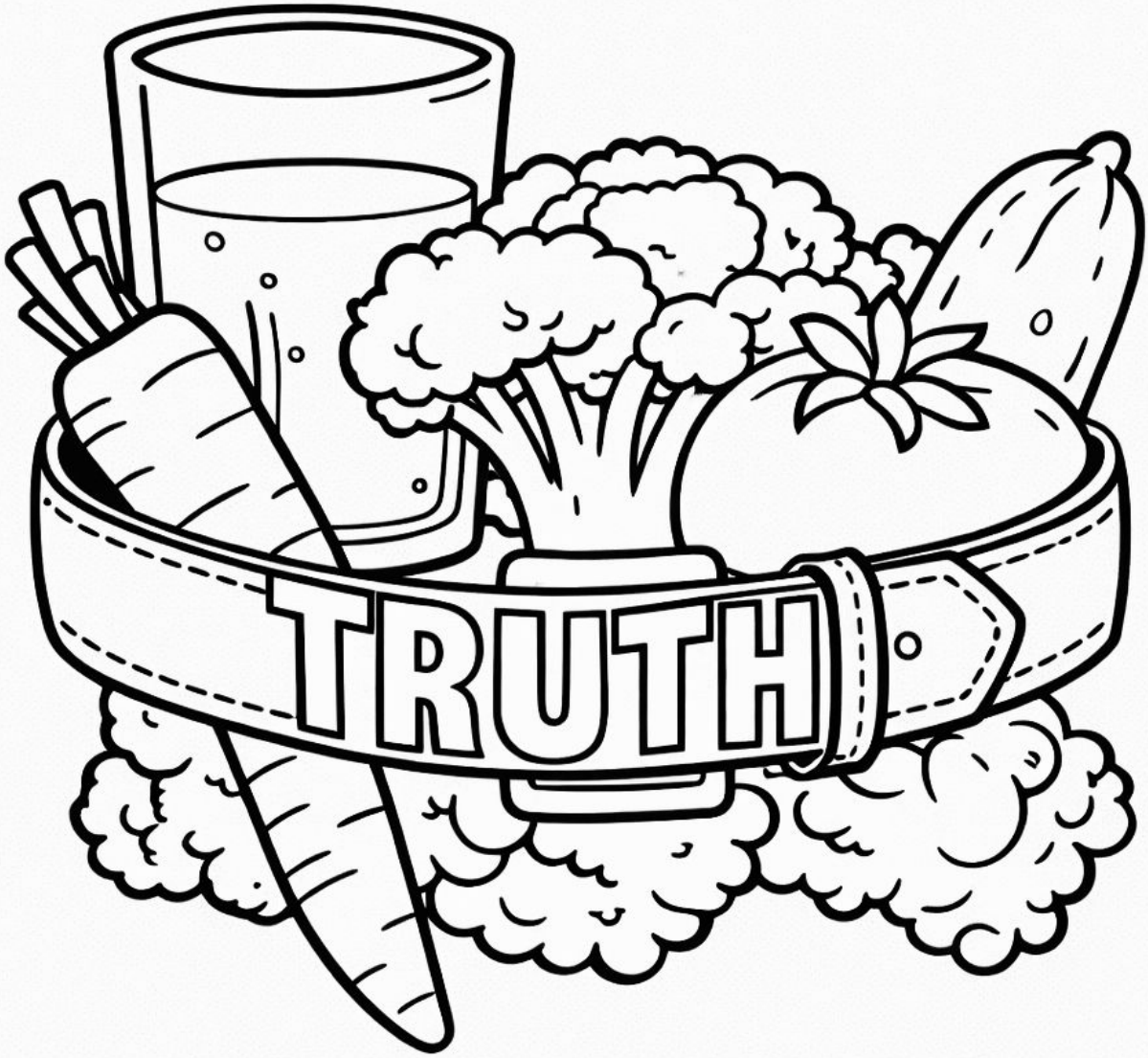
Supplies Needed: One or two words of the memory verse on each small piece of paper. X2

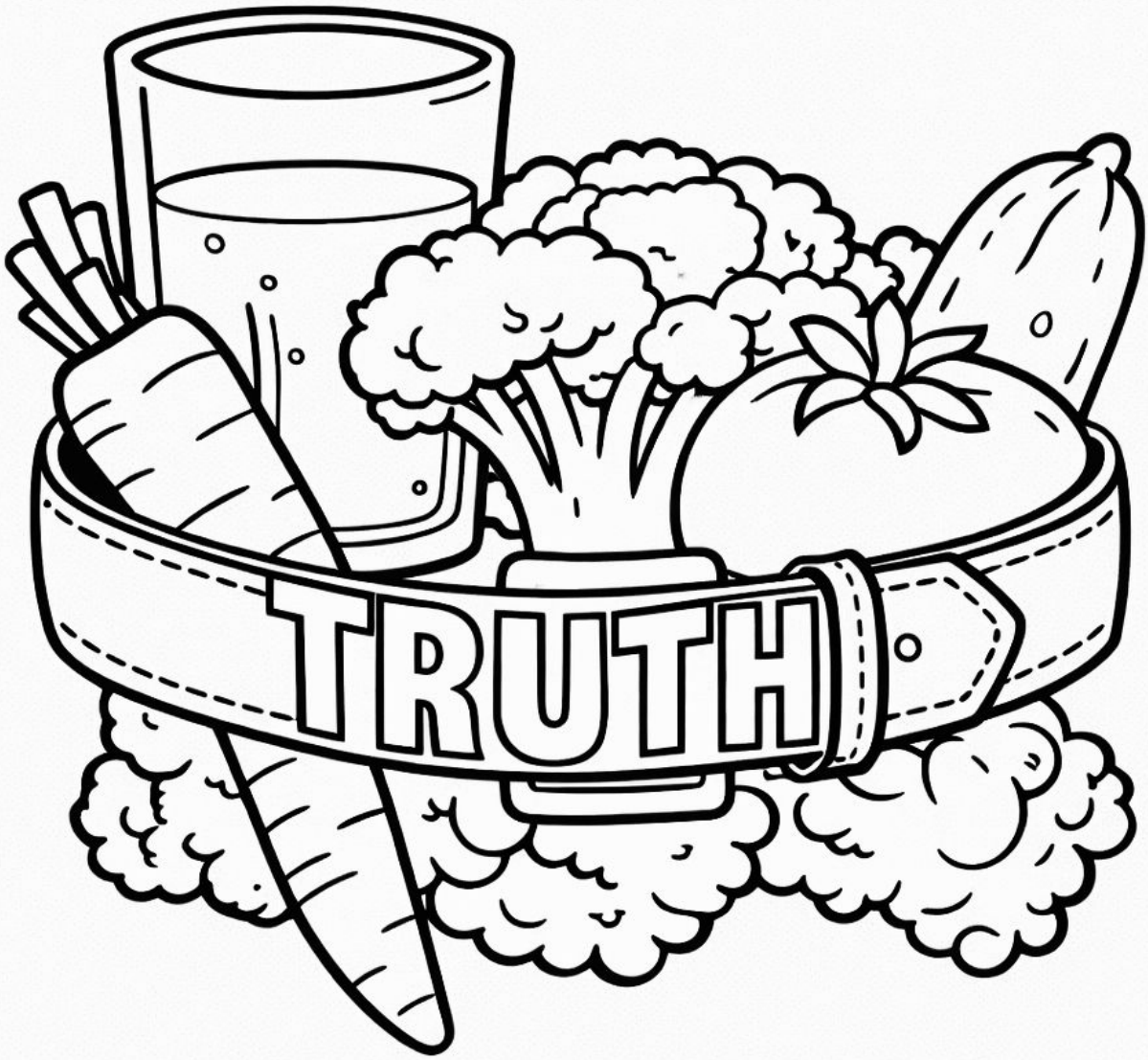
Flip all the pieces of paper face down in a grid and have the children take it in turns looking for matching words. If they get it correct they can flip it but cannot take it off the board until it is that words turn in the memory verse. As the correct words get flipped and taken off the board, place them in a straight line so all the children can see the full memory verse.

GAME

You can find a list of small group games at https://lmnetwork.com.au/small-group-games/

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TRUTH


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