

# A DAY WITH THE KING

This week we will study about four noble boys who stood for what is right in Babylon.



## Torchlight

*"Indulgence of appetite would have involved the sacrifice of physical vigor, clearness of intellect, and spiritual power. One wrong step would probably have led to others, until, their connection with heaven being severed, they would have been swept away by temptation."*

– Counsels on Diets and Foods p. 155

# A DAY WITH THE KING



## Four Noble Boys



# SUNDAY

**LET'S PRAY** Dear Father, thank You for our Bibles. We are thankful because we can learn of Jesus through reading and studying our Bibles. Please help us to love Your commandments as Daniel and his three friends loved them. In Jesus' name, Amen.

## MEMORY VERSE - 1 CORINTHIANS 10:31

“Therefore, whether you eat or drink,  
or whatever you do, do all to  
the glory of God.”

## THERE'S **POWER** IN THE WORD!

LET'S READ:

Daniel 1:1-4

## LET'S THINK ABOUT THIS

God allowed a pagan nation, the Babylonians, to conquer Jerusalem and take the Israelites captive to Babylon, where they would remain for 70 long years. God allowed this to happen because the Israelite king, rebellious King Jehoiakim, did not lead the Israelites in the ways of God's laws. King Jehoiakim allowed the Israelites to follow the practices of the evil nations around them, thereby exchanging God's protection for worldly pleasures.

Because the Babylonians had conquered Jerusalem, taken many people captive, plus removed vessels from the temple, they mistakenly thought that their pagan gods were more powerful than the God of the Israelites. Well, they were going to learn a very powerful lesson from faithful Daniel and his three companions. These four young men had grown up being faithful to all of God's laws, including healthy living. They were especially chosen by King Nebuchadnezzar because they were healthy, strong and full of wisdom. King Nebuchadnezzar was in for a big surprise!

## DANIEL'S GOD IS BEYOND WORDS!

Can you unscramble these words that describe the true God which Daniel worshipped?

FAILHTUF

OPUWRFEL

AMESWEO

GOVNIL

LVERNEASTIG

NIDK

TROSYWRTHUT

RTUE

MATESICJ

FIRGGOVIN

GRAET

ECFERTP

AMZAGNI

ESIW

WERONDFLU

MIGTYH





# MONDAY

**LET'S PRAY** Dear Father, please help me, like Daniel, to always make wise choices which bring glory to Your name. In Jesus' name, Amen.

## MEMORY VERSE - 1 CORINTHIANS 10:31

“Therefore, whether you \_\_\_\_\_ or drink, or whatever you do, do all to the glory of God.”

## THERE'S **POWER** IN THE WORD!

LET'S READ:

Daniel 1:5-7

**KEY TEXT:** Daniel 1:7

“To them the chief of the eunuchs gave names: he gave Daniel the name Belteshazzar; to Hananiah, Shadrach; to Mishael, Meshach; and Azariah, Abed-Nego.”

## LET'S THINK ABOUT THIS

What name would you choose?

In the Bible, a person's name often stands for his character. So, Daniel, Hananiah, Mishael, and Azariah would have been very unhappy to be called after pagan Babylonian gods. Let's look at a few names from the Bible and see what the names represented:

**Daniel** = God is my judge

**David** = Beloved

**Hosea** = Salvation

**Isaiah** = Yahweh is salvation

**Ezekiel** = God strengthens

**Malachi** = My messenger

In Revelation 2:17 we are told that when we get to heaven we will be given a new name representing a new character. What character would you like your name to represent?

## NAME CALLING!

Draw a line to show which Babylonian name was given to each Hebrew boy:

HANANIAH

ABED-NEGO

DANIEL

MESHACH

MISHAEL

SHADRACH

AZARIAH

BELTESHAZZAR





# TUESDAY

**LET'S PRAY** Dear Father, please help me to be wise like Daniel and choose to always follow Your ways. In Jesus' name, Amen.

## MEMORY VERSE - 1 CORINTHIANS 10:31

“Therefore, whether you \_\_\_\_\_ or \_\_\_\_\_,  
or whatever you do, do all to  
the glory of God.”

THERE'S **POWER** IN THE WORD!

LET'S READ:

Daniel 1:8

KEY TEXT: Daniel 1:8

“But Daniel purposed in his heart that he would not defile himself ...”

## LET'S THINK ABOUT THIS

Daniel and his three friends had been faithfully trained to follow God's laws as young children. They would have prayed regularly for God's guidance and protection, especially when they were taken captive into a pagan country such as Babylon. In fact, as soon as they arrived in Babylon they were faced with the biggest test of their lives. They were invited to eat unhealthy food and drink from the king's table, which included unclean meats, alcoholic wine, rich desserts and food offered to idols. They were also aware that, if they rejected the king's food, he could be insulted and they could be put to death. On the other hand, if they went along with the king's plan, they could eventually have important positions representing the king of Babylon.

But Daniel and his three friends stood firm, deciding not to defile themselves. They chose, instead, to be God's representatives and carry out His purpose, and in so doing, bring honour and glory to His worthy name. Daniel and his three friends valued God's approval more than they feared the displeasure of the king of Babylon.

## DANIEL'S FAITH WAS UNCHANGING

Colour in the pictures then spot the changes – 8 in total:





# WEDNESDAY

**LET'S PRAY** Dear Father, please help me to be wise like Daniel and choose to eat healthy food. Please keep my body and mind healthy and strong. In Jesus' name, Amen.

## MEMORY VERSE - 1 CORINTHIANS 10:31

“Therefore, whether you \_\_\_\_\_ or \_\_\_\_\_, or whatever you \_\_\_\_\_, do all to the glory of God.”

## THERE'S **POWER** IN THE WORD!

LET'S READ:

Daniel 1:9-13

**KEY TEXT:** Daniel 1:12

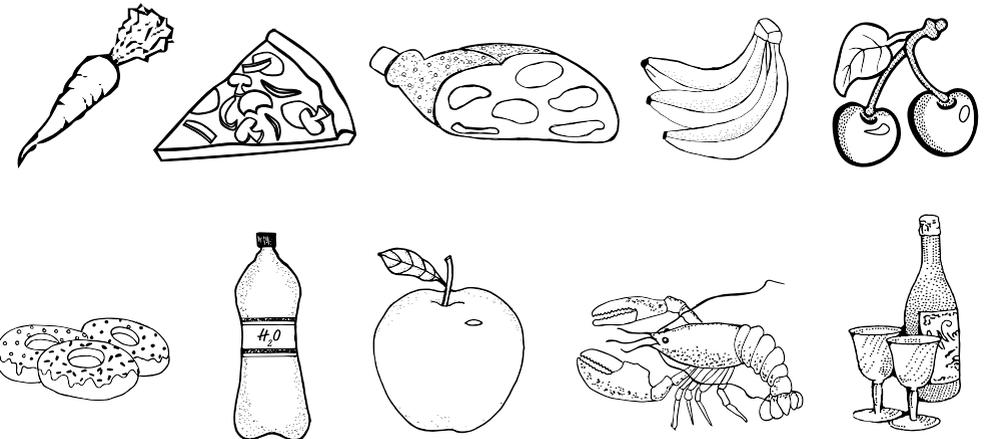
“Please test your servants for ten days, and let them give us vegetables to eat and water to drink.”

## LET'S THINK ABOUT THIS

Healthy living, Daniel style, was a new concept to the Babylonians. They had no knowledge of God's laws in relation to health. What a wonderful opportunity for Daniel and his friends to educate the Babylonians about the many blessings of God's health message. Daniel's behaviour had been kind, respectful and co-operative wherever he could. So Melzar, the man who Ashpenaz had appointed to look after the day to day welfare of the four young Hebrews, took Daniel's request seriously.

## FOOD FOR THOUGHT!

Colour in the pictures and then draw circles around the foods that Daniel would choose:





# THURSDAY

**LET'S PRAY** Dear Father, thank you that You always want the best for me. So please help me to always trust You. In Jesus' name, Amen.

## MEMORY VERSE - 1 CORINTHIANS 10:31

“Therefore, whether you \_\_\_\_\_ or \_\_\_\_\_, or whatever you \_\_\_\_\_, do \_\_\_\_\_ to the glory of God.”

## THERE'S **POWER** IN THE WORD!

LET'S READ:

Daniel 1:14-17

**KEY TEXT:** Daniel 1:14

“So he consented with them in this matter, and tested them ten days”

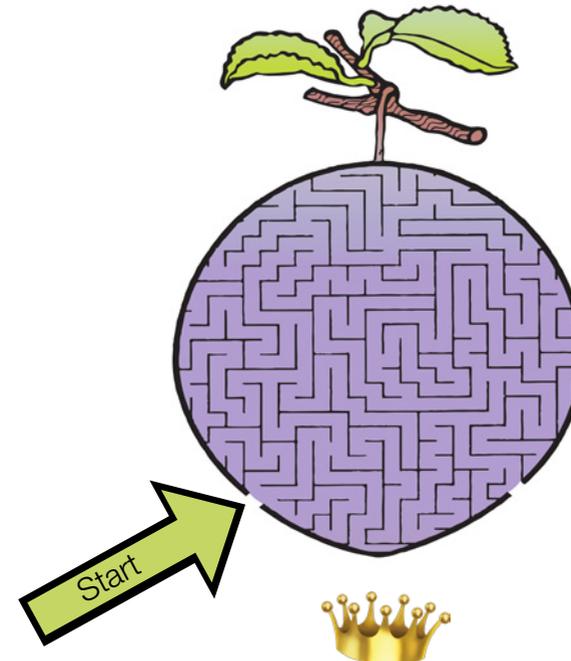
## LET'S THINK ABOUT THIS

Daniel was asking for just 10 days to prove the positive effects of healthy eating. Melzar was worried that they may get weak or possibly become skinny, or worse still, become sick. Nevertheless, Melzar reluctantly agreed to give them just 10 days to prove their point. Daniel and his friends had no doubt that God would come through for them in a powerful way.

What a huge victory and witness for God's formula for healthy living, right in the centre of influence over the whole nation of Babylon! God honoured the stand for truth of the four young men in a special way.

## MANY WAYS THROUGH A MAZE

How quickly are you able to eat through this healthy plump plum?





# FRIDAY

**LET'S PRAY** Dear Father, please keep my family healthy so that we can serve you just like Daniel and his friends did. In Jesus' name, Amen.

## MEMORY VERSE - 1 CORINTHIANS 10:31

“Therefore, whether you \_\_\_\_\_ or \_\_\_\_\_,  
or whatever you \_\_\_\_\_, do \_\_\_\_\_ to  
the \_\_\_\_\_ of God.”

## THERE'S **POWER** IN THE WORD!

LET'S READ:

Daniel 1:17-20

**KEY TEXT:** Daniel 1:19

“Then the king interviewed them, and among them all none was found like Daniel, Hananiah, Mishael and Azariah ...”

## LET'S THINK ABOUT THIS

After three years of study, the four faithful Hebrews had a big exam. You wouldn't want to get too many questions wrong if you were being tested by the king, would you? He could order your head to be chopped off if he didn't like your test results. And remember, they had to learn a new language during their study time as well, just to be able to understand the questions in the language of the Babylonians. Verse 19 tells us that when the king interviewed Daniel, Hananiah, Mishael, and Azariah, he was amazed at their knowledge!

Wow, would you like to be 10 times wiser than everyone else (v20)? Well, God honoured Daniel and his friends because they studied diligently (hard) and were obedient to God's laws, even at the risk of losing their lives. God will do the same for us if we obey Him and diligently study.

## NUMBER CRUNCHING!

Let's see how good we are at number crunching:

1. God allowed Israel to be taken into captivity for \_\_\_\_\_ long years.
2. Daniel had \_\_\_\_\_ loyal friends, who like him, remained faithful to God's commands.
3. Daniel and his friends were tested for \_\_\_\_\_ days, eating only healthy food.
4. Daniel and his friends were \_\_\_\_\_ times healthier and smarter than all the others.
5. Daniel and his friends studied for \_\_\_\_\_ years in the ways of the Chaldeans.





# SABBATH

**LET'S PRAY** Dear Father, please help me to be obedient so that I may bring honour and glory to Your name. In Jesus' name, Amen.

## MEMORY VERSE - 1 CORINTHIANS 10:31

“Therefore, whether you \_\_\_\_\_ or \_\_\_\_\_,  
or whatever you \_\_\_\_\_, do \_\_\_\_\_ to  
the \_\_\_\_\_ of \_\_\_\_\_.”

**THERE'S POWER IN THE WORD!**

**LET'S READ:**

Daniel 1:21

## THOUGHT FOR THE WEEK

Daniel remains healthy and wise, only because Daniel first remains faithful to God's commands.

Daniel was given a gift to understand visions and dreams. We will learn in the coming weeks how important that gift proved to be!

## LOST FOR WORDS!

Are you able to find the following key words that summarises this weeks lesson?

AZARIAH      BABYLON      BLESS      BOYS      CAPTIVE  
DANIEL      DREAMS      DRINK      EAT      FAITH      GIFT  
HANANIAH      HEALTH      ISRAEL      MISHAEL      OBEY      PRAY  
SKILL      TEST      VISIONS      WISDOM      WORD OF GOD

Z	P	S	A	G	X	B	H	V	W	L	D	A	I	Y
X	R	C	M	F	C	A	P	T	I	V	E	V	S	T
H	A	N	A	N	I	A	H	S	O	B	E	Y	R	O
E	Y	X	T	R	U	T	D	R	E	A	M	S	A	B
A	A	U	A	W	O	R	D	O	F	G	O	D	E	O
L	F	Z	M	I	S	H	A	E	L	X	G	E	L	Y
T	A	A	L	T	V	R	W	V	I	S	I	O	N	S
H	G	B	I	I	E	B	I	D	A	N	I	E	L	G
J	E	A	T	T	N	Y	S	V	S	K	I	L	L	T
G	I	F	T	X	H	V	D	D	T	M	T	H	A	E
B	A	B	Y	L	O	N	O	C	B	L	E	S	S	S
D	R	I	N	K	Z	H	M	I	H	I	H	S	J	T

