



Bible Story: Rise Up (Daniel's Integrity) • **Daniel 1**

Bottom Line: Be truthful with your whole life.

Memory Verse: *Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out. Proverbs 10:9 (NIV)*

Life App: Integrity—Choosing to be truthful in whatever you say and do

1. Bible Story Review

What You Need: Bible

What You Do: Read • **Daniel 1**

2. Veggie Sculpting

What You Need: Play-Doh® and small paper plates

What You Do:

- Give each kid a small plate and a lump of Play Doh.
- Let the kids shape the dough into a vegetable of their choice.
- As they work, review the Bible story using the questions below.
- Encourage kids to share their creations to see if others can guess the vegetable they sculpted.

Bible Story Review Questions:

1. How did Daniel end up in Babylon, so far away from his home? (*King Nebuchadnezzar conquered Judah, and Daniel was captured and brought to Babylon.*)
2. Why were Daniel and his friends chosen to serve in the king's court? (*Because they were smart and healthy*)
3. How long were Daniel and his friends supposed to train to serve in the king's court? (*three years*)
4. True or false: The king ordered his servant Ashpenaz (ASH-pe-NAAZ) to teach them the Babylonian language. (*True: The king wanted them to forget they were God's people and become real Babylonians.*)
5. What food did they serve to Daniel and his friends? (*Rich food from the king's own table*)
6. Why did Daniel refuse to eat the rich food from the king? (*Because it was different from the traditional Jewish food they ate to honor God.*)
7. True or False: Daniel asked for permission NOT to eat the king's food. (*True*)
8. What did Daniel ask to eat instead? (*Vegetables and water only for ten days*)
9. What happened after Daniel and his friends ate only vegetables and water for ten days? (*They looked healthy and well-fed.*)
10. True or False: After ten days, Daniel and his friends began eating the rich food from the king's table. (*False: Daniel and his friends stuck to their vegetable and water diet and continued to be healthy.*)
11. Daniel and his friends were A) the king's most trusted advisors, B) sent back to Judah, or C) thrown in prison. (*A) the king's most trusted advisors*)

12. What do vegetables have to do with integrity? (*Daniel knew that honoring God meant honoring him with every part of your life, including what you eat. Even in a strange land, he chose to honor God with integrity.*)
13. Today we're learning to be truthful with what? (*Your whole life*)
14. If you could only eat ONE vegetable at every dinner for the rest of your life, what vegetable would you choose? Why?

What You Say:

"I love this story because it reminds me how important it is to honor God with every part of our lives, every part of our day. Daniel was in a really scary position. He was a prisoner, far from home, under the authority of a conquering king who didn't serve God. But he still recognized that he didn't really answer to King Nebuchadnezzar. He answered to God. And by choosing to honor God, even with the food he put in his mouth, Daniel maintained his integrity.

"Integrity is choosing to be truthful in whatever you say and do. It's not just being honest with your words. It's being honest with your LIFE. Like Daniel, it's making sure that the words you SAY and the things you DO always honor God. Like Daniel, God will help you to **[Bottom Line] be truthful with your whole life.**"

3. Discussion Questions

What You Need: No supplies needed

What You Do:

Ask:

- How did Jesus show integrity?
- What if you were guaranteed you wouldn't get caught if you lied—why would it still be important to choose to be truthful? For example: You drop your mom's phone and the screen shatters. She asks you if you know who did it. What are the consequences of lying? What could happen if you tell the truth? (*This is an opportunity to discuss we can't choose the consequences of showing integrity, but independent of the consequences, God asks us to choose to be truthful whatever we say and do, to have integrity.*)
- What do we mean when we talk about "who somebody is on the inside"?
- Who is somebody you know who has integrity? How would you (or a friend of yours) describe that person?

4. Lesson Recap and Prayer Journal

What You Need: Prayer journal, paper, something to write with, Bible

- **What You Do:** As a family, **add to your prayer journal** or make a prayer journal if you have not already done so.
 - The Bible teaches us that the "the prayer of a righteous person is powerful and effective" (*James 5:16b*). We are encouraging you to make a family prayer journal. It can be as fancy or as simple as you want. An example is provided on our Kids at The Heights Facebook Page! A prayer journal can be a tool to record your prayer requests and thanksgivings. It can also help you grow your faith as you keep a record of how the Lord answer your prayers.
- Encourage kids to think about the week ahead and answer the following question silently on their own: When is it hardest for me to choose integrity?
- Pray for God's help to **[Bottom Line] be truthful with your whole life.**

What You Say:

"God, thank You for ALWAYS being truthful in what You say and do. We can put ALL our trust in You because You keep Your promises. This week, help us choose the straight path. When we're tempted to do the wrong thing, remind us of this crooked path. Give us the strength to be honest with our words AND our actions so others can trust us, too. In Jesus' name we pray, amen."