

# Family Devotion



## Daniel - staying strong



This week we are starting a new series learning about the life of Daniel.



Play the game 'I went to the shops and I brought ...' taking it in turns to name and remember as many fruit and vegetables as you can. Name some things that make you strong?



Daniel 1 :1-20

Daniel lived in a country called Judah but it was conquered by the Babylonians and the people were taken captive. The Babylonians worshipped other gods and idols.



Who did the King choose to live at the palace?

Why did Daniel and his friends not want to eat the king's food?

What did Daniel and his friends only eat and drink?

Who was healthier at the end of 10 days?

Daniel and his friends had to hold strong to their faith.

How did God help them?

Why is it sometimes hard to stand up for what is right?

Daniel and his friends knew that the king's food was food that God did not allow. The food had probably even been used in the worship of idols. If they ate the food then they would be disobeying God's law. God had a plan for Daniel and his three friends and because they chose to trust and obey God, God was able to bless them in the middle of difficult circumstances.



- Decorate a paper plate with pictures of fruit and veg and write the memory verse in the middle.
- Make and share a fruit salad.



Thank you that I can find strength in you in all circumstances.  
Help me to stand strong in my faith. Amen