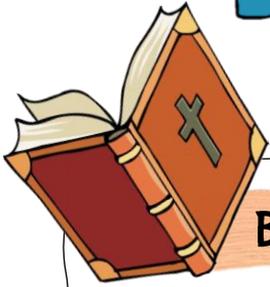


T Together @ Home



Here are some activities you could do together as a family, begin with the story and then do as many or as few as you like, in any order.

Bible Passage

Today we will be exploring together, the story of Daniel and his healthy eating.

You can find it in your Bible in:
Daniel 1

Read the story together – choose a Bible translation or children’s story version which best suits your group.



A prayer to say together

Dear God,

Thank you for the story of Daniel, thank you that even though he was a prisoner in a strange land he still chose to live for you.

Help us to look after our bodies and minds, living for you while we are in lockdown.

Help all those who are struggling to get the food they need. Please protect all those keyworkers who are working to get food onto the shelves. Bless those serving in food banks and those helping to shop for friends and neighbours in our communities.

Amen

Discussion

A question for adults to ask children

What foods did Daniel and his friends eat in the story?

Daniel and his friends just ate vegetables and water for ten days instead of the food the King was offering. God saw their commitment and blessed them with wisdom and favour with the King. This story is not just about what foods we eat but about choosing to put God first and live in obedience to God. Daniel and his friends might have struggled and been tempted by the rich food that those around them were eating, but they stuck with their simple diet and put God first.

A question for children to ask adults

Can you think of a time when you said no to something tempting?

A question to ask each other

What is your favourite thing to eat?

Family Activity 1

You will need: Paper or card, Drawing materials

Cut your paper or card into a circle shape and design a meal to draw onto it together.

If you have magazines or packaging around the house, you could cut out pictures of food to stick on. Give everybody the chance to add something to your family dinner plate even if you end up with a very strange plate of food!

Why not use mealtimes this week as a time to stop and pray, thanking God for his provision and asking Him to help you to live in obedience.





A verse to remember

Matthew 4:4

“A person lives not on bread alone, but by everything God says.”

Just like we choose to put healthy food into our bodies we can also put healthy thoughts into our bodies, we can choose to watch, read and listen to things that draw us closer to God and help us to live well for God. Try to learn this verse together, you could come up with some actions to help you remember it or decorate the verse on a piece of paper or card together and put it up somewhere to remind you of it through the week.

Family Activity 2

You will need: paper, pens, timer, Bibles

The Bible is God’s spiritual food for us we can feed on it every day. Have a Bible race to help you practice finding verses in the Bible. You could use these verses from the Bible about food or write out some verses of your own to look up on pieces of paper.

If you have more than one Bible you can all search for the verse at the same time. If you only have one Bible take it in turns to search and time how long each person takes.

Remember you will need to find the right **BOOK** of the Bible and then the **CHAPTER** (Big number) and **VERSE** (Little Number).



Psalm 107 v 9

Luke 9 v 16

1 Corinthians 10 v 31

Matthew 6 v 25

John 6 v 35

Matthew 5 v 6

Genesis 1 v 29

Exodus 16 v 4

Active Prayer

Why not pray and keep healthy at the same time this week with our prayer and exercise routine!

Run on the spot,,, and pray for all those spending times in their homes.

*Do star jumps...*and pray for all the keyworkers working hard to keep us safe.

Stretch out wide... and pray that help would reach all those who need it.

Stretch up high... and pray for all those leaders in the world making big decision.

You can add your own exercises and prayers as well.

Helping Older Children

It is great to be able to equip older children to do their own Bible study and unpack scripture for themselves. Children might have many questions, here are some short passages you could direct them to.

Encourage them to read the passage, spend some time thinking about it and praying, asking God to help them understand it better.

Why not ask **them** to tell **you** what they have learned rather than try to answer their questions yourself.

A passage about being worried

Matthew 6 v 25-27

A passage about facing challenges

2 Corinthians 4 v 16-18

A passage about living a pure life

Psalm 119 v 1-16

A passage about God’s forgiveness

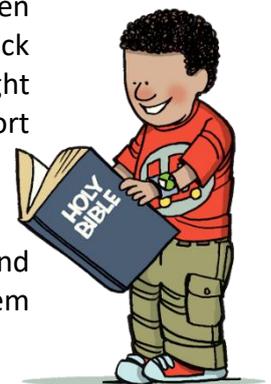
1 John 1 v 5-10

A passage about living for God

1 John 3:16-18

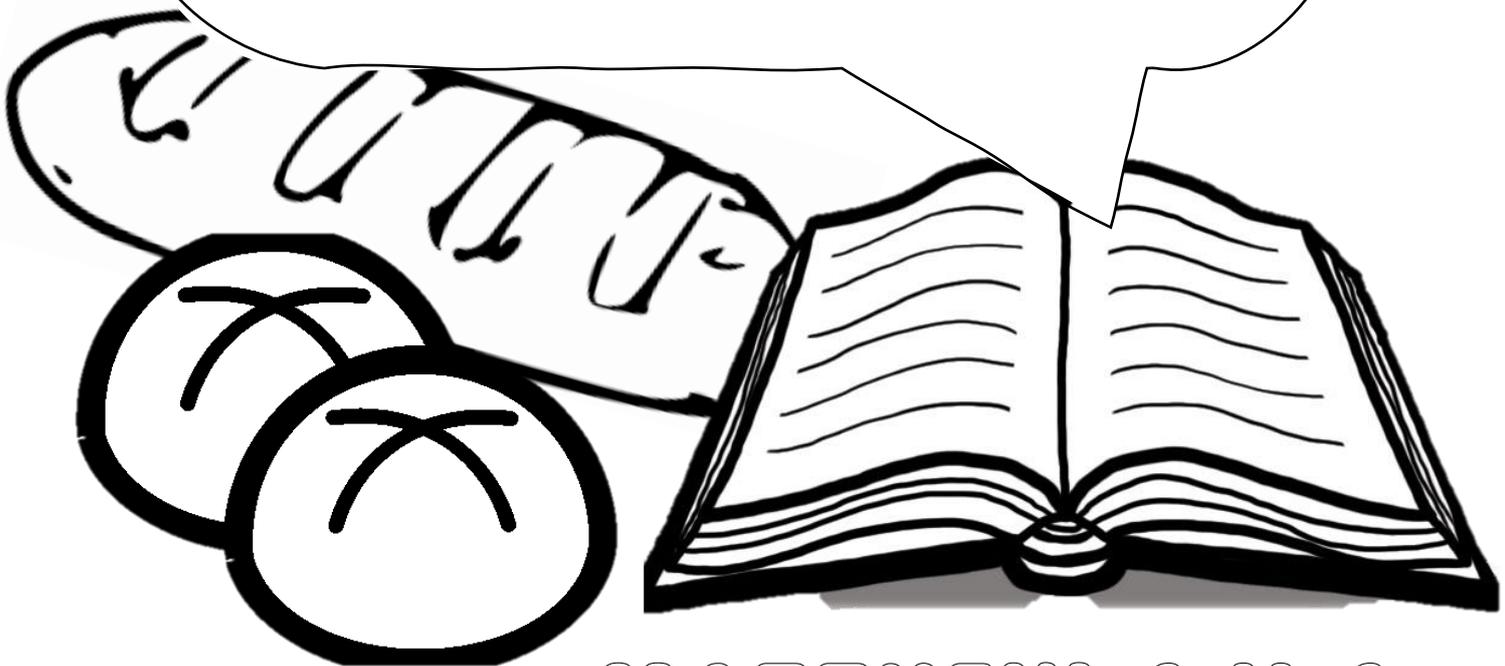
A passage about times of trouble

James 1 v 2-8



A colouring page you could print and colour together

“A PERSON LIVES
NOT ON BREAD
ALONE, BUT BY
EVERYTHING GOD
SAYS.”



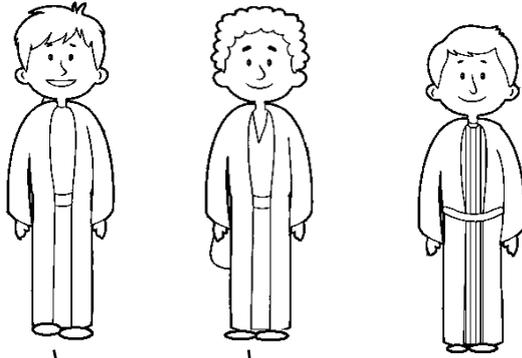
MATTHEW 4 V 4

Puzzle Sheet

Can you unscramble these books of the Bible?

Follow the strings to find out what each boy is having for dinner?

Can you work out which one is Daniel?



senigse

xedosu

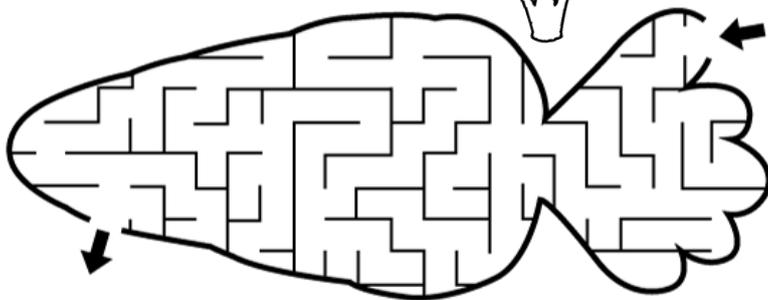
emhtatw

tsca

slpmas

Can you find your way through the carrot maze?

How many stalks of broccoli can you find on the page?



Can you find all the vegetables hidden in the word search?

c o u r g e t t e h c e x u f
 a e e r w p o l q s u t x u z
 y u v q i p x u l i c m q p g
 s a b n m u p g o d u n x w a
 f u r e t o f o k a m j k e e
 l u f u r f n u c r b t w i z
 t q s m n g g i q t e b w e k
 n o h t t c i c o j r y r e s
 o j v w b i u n l n s p r b f
 r b i e c i h e e j l s s c l
 a e u l n m t o g h x i w t g
 u s p b m t x y t n v f e w l
 l v g p u p i n s r a p d f r
 p s n c e s v b m h g u e u e
 e j e g f p c a r r o t c v h

- lettuce
- pepper
- cucumber
- radish
- onion
- turnip
- parsnip
- carrot
- courgette
- aubergine
- swede



There are 8 stalks of broccoli hidden on the page... don't forget the one in the basket!