

Explore It

FOR LEADERS



IDENTITY

Daniel 1:1-21 Daniel taken to Babylon

Modern-day society goes out of its way to convince us to change ourselves. Our children face the pressure of fitting in and may even feel they live two lives – what happens on Sunday and at church compared to the rest of the week. Daniel faced similar pressures. But his story is there to inspire us; we see Daniel refusing to compromise. Instead, he remains quietly faithful to God.

In this session we will look at our identity as a Christian. We take space to think how we equip our children to live out their love for Jesus in different places. We affirm that by knowing our true identity comes from Jesus, and by knowing him, we can have confidence to be the person he needs us to be.

Each child will need:

- Two colours of sticky notes (optional), pens/pencils

You will need:

- A new name for each child, on a label. Here is a name generator to help you – <https://www.imagineforest.com/blog/funny-name-generator/>
- To dress up as a king or queen (optional) – see Start It section
- A large sheet of paper with the outline of the person drawn in the middle

Start It

- **Say:** Welcome, I am King/Queen (add name). For today's session I am making a royal proclamation. I have decided that you will all be known by a different name of my choosing. You have absolutely no say in the matter as I am in charge of you now and I would like you to have a name that is more to my liking.

Ask: What do you think of your new name?

- **Say:** For the rest of the session you must address each other using your new name at all times. Our Bible character for today knew just what it was like to be called by a name that he didn't recognise.

Sing It

- **Say:** As part of the starter, you were each given a new name to be used throughout the session. We will discover later that Daniel was given a new name as well. Even though people called him by a different name, Daniel knew that his identity was found in God.

Today's song is all about how special we are to God and how he knows our name.

'He knows my name' by Francesca Battistelli. Lyric video by Worship God (3 mins 26 sec)

https://www.youtube.com/watch?v=4pDWcO6_B0g

Tell It

- **Say:** The book of Daniel is found in the Old Testament and tells the story of a man full of integrity. In case the word integrity might be new to you, when someone lives with integrity they are honest and do what they say they are going to do.
- **Say:** Daniel loved God with all his heart and his life matched what he believed. This month we are going to discover more about Daniel and the way he lived his life of faith. Daniel's story began in a time of conflict when his city was surrounded by the Babylonian army.

Read Daniel 1:1-4 (ICB)

'Nebuchadnezzar king of Babylon came to Jerusalem and surrounded it with his army. This happened during the third year that Jehoiakim was king of Judah. The Lord allowed Nebuchadnezzar to capture Jehoiakim king of Judah. Nebuchadnezzar also took some of the things from the Temple of God. He carried them to Babylonia and put them in the temple of his gods.'

'Then King Nebuchadnezzar gave an order to Ashpenaz, his chief officer. He told Ashpenaz to bring some of the men from Judah into his house. He wanted them to be from important families. And he wanted those who were from the family of the king of Judah. King Nebuchadnezzar wanted only healthy, young, Israelite men. These men were not to have anything wrong with their bodies. They were to be handsome and well educated. They were to be able to learn and understand things. He wanted those who were able to serve in his palace. Ashpenaz was to teach them the language and writings of the Babylonians.'

- **Say:** When the Babylonians captured a city, they liked to take all the clever, strong, handsome young men away to serve in their own royal palace.

Ask:

- Why do you think they did that?
- Daniel was one of the young men chosen. How old do you think he might have been when he left for Babylon?
- **Say:** Many scholars think that Daniel and his friends were around 14 years old when they were taken away to Babylon.

Ask: How do you think the young men felt having to leave their friends and family and go to a different country?

Read Daniel 1:5-7 (ICB).

'The king gave the young men a certain amount of food and wine every day. That was the same kind of food that the king ate. They were to be trained for three years. Then the young men would become servants of the king of Babylon. Among those young men were some from the people of Judah. These were Daniel, Hananiah, Mishael and Azariah.'

'Then Ashpenaz, the chief officer, gave them Babylonian names. Daniel's new name was Belteshazzar. Hananiah's was Shadrach. Mishael's was Meshach. And Azariah's new name was Abednego.'

- **Say:** Not only did the Babylonians take Daniel away from his home, they took away the food he was used to eating and also his name! Daniel's name meant 'God is my judge' but it was changed to Belteshazzar which meant 'Bel protect his life'.

Ask: Daniel's name was changed so that it meant the Babylonian god Bel was supposed to be protecting him. As someone who loved the true God with all his heart, how do you think this made Daniel feel?

- **Say:** For three years the young men were trained and encouraged to follow the rituals and customs of the Babylonians who worshipped many gods.

Ask: Why do you think this might have caused a problem for Daniel?

Read Daniel 1:8-16 (ICB).

'Daniel decided not to eat the king's food and wine because that would make him unclean. So he asked Ashpenaz for permission not to make himself unclean in this way.

'God made Ashpenaz [the chief officer] want to be kind and merciful to Daniel. But Ashpenaz said to Daniel, "I am afraid of my master, the king. He ordered me to give you this food and drink. If you don't eat this food, you will begin to look worse than other young men your age. The king will see this. And he will cut off my head because of you."

'Ashpenaz had ordered a guard to watch Daniel, Hananiah, Mishael and Azariah. Daniel said to the guard, "Please give us this test for ten days: Don't give us anything but vegetables to eat and water to drink. Then after ten days compare us with the other young men who eat the king's food. See for yourself who looks healthier. Then you judge for yourself how you want to treat us, your servants."

'So the guard agreed to test them for ten days. After ten days they looked very healthy. They looked better than all of the young men who ate the king's food. So the guard took away the king's special food and wine. He gave Daniel, Hananiah, Mishael and Azariah vegetables instead.'

💡 **Say:** Daniel politely asked Ashpenaz if he could refuse the rich food and wine from the king and follow the diet required by God. At the end of the ten days, Daniel, Hananiah and Michael were healthier than all the other young men.

Ask: Why do you think Daniel was so determined to follow what God had asked him to do?

💡 **Say:** Daniel knew that his identity was in God and that he needed to follow what God had asked him to do. It would have been so easy for Daniel to be influenced by those around him, but he decided to follow God instead.

Read Daniel 1:17-21 (ICB).

'God gave these four men wisdom and the ability to learn. They learned many kinds of things people had written and studied. Daniel could also understand all kinds of visions and dreams.

'The end of the three years came. And Ashpenaz brought all of the young men to King Nebuchadnezzar. The king talked to them. He found that none of the young men were as good as Daniel, Hananiah, Mishael and Azariah. So those four young men became the king's servants. Every time the king asked them about something important, they showed much wisdom and understanding. He found they were ten times better than all the fortune-tellers and magicians in his kingdom. So Daniel continued to be the king's servant until the first year Cyrus was king.'

Ask: Daniel decided to obey God rather than obey the Babylonians. How did God reward Daniel for following his commands?

💡 **Say:** By the end of the three years of Babylonian training, Daniel, Hananiah and Azariah were well respected by the king. Even though their names had changed to Belteshazzar, Shadrach, Meshach and Abednego, their identity in God stayed the same.

Action It

Video

What is identity? by Crossroads Kids' Club(1 min 30 secs)

<https://www.youtube.com/watch?v=fjM6QxXknms>

Ask the group to write on sticky notes, or on the sheet itself, all the different ways that **we could describe ourselves and things about us**, eg daughter, sister, friend, footballer, loves horses, hates celery, wears glasses ...

Place these ideas around the outside of the figure on the paper. Using a different colour or sticky note, ask the children to think of all the things **other people might expect us to be** and write those around the edge of the figure as well, eg cool, pretty, athletic, funny ...



🗨️ **Say:** There are lots of things written down here that describe who we are and what others expect us to be. Although there is absolutely nothing wrong with many of the things written down, we need to know that they do not make us who we are.

➔ We are precious children of God.

➔ We are made by God and loved by God.

Write 'made by God and loved by God' in the centre of the figure.

🗨️ **Say:** This is your identity, and all the other things are just part of who you are. As it says in the clip, God loves you, he's always with you and he has a plan for you, just like he did for Daniel.

🗨️ **Say:** At the beginning of today's session, you were given a new name.

Ask:

➔ What has it felt like to be called a different name?

➔ It may have seemed like fun while it lasted an hour, but how would you feel if it carried on for the next few weeks or months?

🗨️ **Say:** Our identity is as God's children, and when we try to live differently it will feel awkward and uncomfortable in the long run. Instead of trying to be someone that we're not, we need to live like Daniel, following God throughout the whole week, not just on Sundays.

Pray It

🗨️ **Say:** Think back to the song that we shared at the beginning of the session where you heard these words:

**'I don't need my name in lights
I'm famous in my Father's eyes
Make no mistake
He knows my name.
I'm not living for applause
I'm already so adored.
It's all his stage,
He knows my name.'**

— (Francesca Battistelli)

🗨️ **Say:** It would have been so tempting for Daniel to try and fit in with everyone around him, but instead he remembered how much he was loved by God.

Read this prayer together:

Thank you, Heavenly Father, that I am famous in your eyes and that you know my true identity as your precious child. Help me to follow the example of Daniel and live to please you, and not focus on the approval of others. Thank you that you know my name and that I am so precious to you.

Amen

Explore It

Remember to send home the Explore It (For Me) and Explore It (Together) ideas for children and families.

Explore It TOGETHER



IDENTITY

Daniel 1:1-21 Daniel taken to Babylon

Here are some ideas and activities you could do as a family



Discover

Daniel's name had a special meaning. Can you remember what it was? Try and discover the meaning of the names of everyone at home and tell them all about it.



Cook

Have a meat-free day like Daniel. Choose a recipe and ask an adult at home to help you cook it for your family.

<https://www.bbcgoodfood.com/recipes/collection/vegetarian-kids-recipes>



Sing

Introduce your family to today's song 'He knows my name'. Watch the live performance and dance around your living room together.

'He knows my name' by Francesca Battistelli
<https://www.youtube.com/watch?v=S06PdKMNGiQ>



Share

Daniel was pressurised to go along with the crowd, but instead he followed God and stayed obedient to what God had asked him to do. Chat with someone at home or a Christian that you know. Ask them to describe a time that they have held strong to their belief in God, even when they were tempted to make a different choice. What can you learn from their experience?

Explore It FOR ME

JULY
SESSION 01

IDENTITY

Daniel 1:1-21 Daniel taken to Babylon

Here are some ideas and activities you could do on your own



Watch

Watch the clip and recap today's story all about Daniel's first few years in Babylon.

Daniel Chapter 1: The Captivity by Sharefaith Kids <https://www.youtube.com/watch?v=o9E8RQO8Eeo>



Learn

In today's story Daniel had to learn a new language. Learn how to say 'Hello' and 'What is your name?' in another language.



Pray

Due to war and conflict Daniel had to move to another country, learn a new language and eat foods he wouldn't normally eat. There are lots of people in the world today, living away from home because of war. Spend time praying for them.



Reflect

Daniel had to live in a community where people did not believe in God as he did. At times he had to take a stand to do what God was asking him to do rather than go along with the crowd. In what situations is God asking you to be more like Daniel by being obedient to him, rather than following the crowd?

KIDS ALIVE! ONLINE

<https://www.salvationarmy.org.uk/kidsalive>

Kids Alive! The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!



Explore It

FOR LEADERS



INFLUENCE

Daniel 2 Nebuchadnezzar's dream

It seems unbelievable that God would use a young man like Daniel to speak out in a place of exile and oppression. It seems even more unlikely that King Nebuchadnezzar would not only listen to Daniel's opinion but also intentionally seek out his assistance. In this chapter we see Daniel's influence increasing. This is not because he is wise in the world's eyes, but because his trust is firmly fixed in the God of Heaven and earth.

In this session we think about the influence that our children can have, both within their school and within their corps. It may be that they can encourage others to speak out who might not have a voice and have been marginalised. We look at how children can have an active part to play in their corps/church – perhaps by setting up a children's advisory group. Let the children come up with ideas as to how they can have an influence, and encourage those who currently might not have a voice.

You will need:

→ Hang a large white sheet and place a bright lamp behind it (optional) – see Start It section

Start It

Choose one of the activities to start your session.

Option One – funniest dream

Talk about a funny dream you've had, then ask the children to share their stories.

Option Two – mime

Ask the children to take turns going behind the sheet and mime a dream they've had, casting a shadow on the sheet from the lamp.

Option Three – Storytelling

Sit in a circle and start a story: 'In my dream there was ...' The next person remembers the line and builds on the story. Adapt the game to suit your group, eg listing objects/animals/characters, perhaps linked to the alphabet. Or they each say a complete (and silly) sentence, making a story. Finish the game with everyone saying, 'And then I woke up!'

● **Say:** Today's story started with a dream. This dream was very strange, and King Nebuchadnezzar couldn't work out what it meant.

Sing It

● **Say:** Daniel was full of courage because he knew God was with him no matter what was happening in his life. Today's song talks about how we can be brave and face anything with God's strength and love.

'Motions (brave)' by Saddleback Kids (3 mins 31 secs)

https://www.youtube.com/watch?v=VLAVCv_onTw

Tell It

🗨️ **Say:** Last week we were introduced to Daniel, a Bible character from the Old Testament.

Ask: Share three things that you discovered about Daniel last week.

This discussion should give you an opportunity to recap Daniel's story and how he ended up in Babylon.

🗨️ **Say:** In our story today, Daniel had been serving in the royal palace for a while and King Nebuchadnezzar was on the throne. The king had a dream that he didn't understand, and it caused chaos in the court. Watch the clip to find out more about the story.

Video

Daniel and Nebuchadnezzar's dream by Saddleback Kids (3 mins 7 secs)

<https://www.youtube.com/watch?v=psRWgA60Au0>

🗨️ **Say:** King Nebuchadnezzar had a terrible dream and called his wise men to interpret it for him.

Ask:

- ➔ What unreasonable thing did he ask them to do?
- ➔ Why do you think he refused to tell them what the dream was?
- ➔ How did the king react when the wise men said that what he was asking was impossible?
- ➔ What decree did the king make that impacted all the wise men in Babylon, including Daniel and his friends?
- ➔ Do you think this was a fair thing to do? If not, why not?
- ➔ How was the king using his power and influence at this point?

Read Daniel 2:15-17 (ICB).

'Daniel asked, "Why did the king order such a terrible punishment?" Then Arioch explained everything to Daniel. When Daniel heard the story, he went to King Nebuchadnezzar. Daniel asked him to give him some more time. Then he would tell the king what he had dreamed and what it meant.'

'So Daniel went to his house. He explained the whole story to his friends Hananiah, Mishael and Azariah. Daniel asked his friends to pray to the God of Heaven. Daniel asked them to pray that God would show them mercy and help them understand this secret. Then Daniel and his friends would not be put to death with the other wise men of Babylon.'

🗨️ **Say:** If Daniel and his friends couldn't solve the riddle of the king's dream, then they were going to be killed. Daniel could have easily started to try and work out what the dream meant, but he knew he couldn't do anything without God's help.

Ask: What did Daniel do as soon as he found out there was a problem?

🗨️ **Say:** When God revealed what the dream meant, Daniel sang a song of praise to say thank you. He went to the king and explained the meaning of the dream.

Read Daniel 2:47-49 (ICB).

'Then the king said to Daniel, "Truly I know your God is the greatest of all gods. And he is the Lord of all the kings. He tells people about things they cannot know. I know this is true. You were able to tell these secret things to me.'

'Then the king gave Daniel an important position in his kingdom. And he gave many gifts to Daniel. Nebuchadnezzar made him ruler over the whole area of Babylon. And he put Daniel in charge of all the wise men of Babylon. Daniel asked the king to make Shadrach, Meshach and Abednego important leaders over the area of Babylon. And the king did as Daniel asked. Daniel himself became one of the important people who stayed at the royal court.'

Ask: How did the king react when Daniel revealed the meaning of the dream?

🗨️ **Say:** Daniel started life at court as a young man learning a new language, new customs and getting used to a new name. As he continued to rely on God, he was able to influence more and more people within the royal court, eventually becoming an adviser to the king.

Action It

🗨 **Say:** Lots of adverts on the television feature celebrities to help sell products.

Ask:

- ➔ Can you name some adverts with famous people in them?
- ➔ Why do you think companies pay celebrities lots of money to be in their adverts?

🗨 **Say:** On social media there are lots of people who spend all of their time showing products we might like to buy, or places we might want to visit. They are often called 'influencers'.

Ask: What does it mean when we 'influence' someone?

🗨 **Say:** When we influence someone our words and actions help them to think differently or act differently. When Daniel spoke to the king, his words and actions made a difference to the way the king behaved. Instead of killing all the wise men of Babylon, the king acknowledged Daniel's God and promoted him and his friends in the royal court.

Ask: What was the very first thing that Daniel did before he spoke to the king?

🗨 **Say:** There are lots of people in your life that you have an influence over, perhaps at school, at home or in clubs.

Discuss

Ask the children to talk to the person next to them.

- ➔ Can you think of anyone you have influence over?
- ➔ Who are they and what kind of influence do you have?
- ➔ How can you be a positive influence over someone?
- ➔ Where would you like to have more influence over the decisions that are made? At church? At school? In your family?

Repeat the last two questions, for the children to share their thoughts with the group.

🗨 **Say:** King Nebuchadnezzar used his power to influence people through fear. Daniel showed us a different way, God's way.

Be an influencer

As a group, choose an area of the children's lives where they would like to have more influence, eg at their corps/church. Give the children the opportunity to think of ways that they could speak out for those who have been marginalised and how they could have a more active role in decisions made at the corps/church. Let the children come up with ideas as to how they can have an influence, and also encourage those who currently might not have a voice.

Depending on your situation there may be an opportunity for the children to meet with the leadership team or set up a children's advisory group.

Pray It

Ask: What was the first thing that Daniel did when he was faced with the puzzle of Nebuchadnezzar's dream?

🗨 **Say:** Daniel wanted to be a positive influence on the king and went straight to God to ask for help. Think of all the things you have discussed in the Action It section today and spend time asking for God's guidance and wisdom as you try to be a positive influence on others.

Explore It

Remember to send home the Explore It (For Me) and Explore It (Together) ideas for children and families.

Explore It TOGETHER



INFLUENCE

Daniel 2 Nebuchadnezzar's dream

Here are some ideas and activities you could do as a family



Share

Ask the people at home about their funny dreams. Which dreams make you chuckle the most? Explain to your family why dreams played such an important part in this week's story.



Serve

Decide together on something to do to be a positive influence on others. It could be visiting someone who is isolated, sending a card or cake to someone who needs cheering up, or taking a walk and greeting everyone you pass with a smile!



Watch

Snuggle up on the settee and watch this clip that shows us how everyone can have a positive influence on the world around us. Talk about how you can be a positive influencer this week.

'How to change the world (a work in progress)' by Kid President

<https://www.youtube.com/watch?v=4z7gDsSKUmU>



Investigate

Ask someone at home to help you investigate kids who have used their influence to create positive change in the world. Here are some names to get you started:

- ➔ Melati and Isabel Wijsen
- ➔ Kelvin Doe
- ➔ Nicholas Lowinger
- ➔ Malala Yousafzai
- ➔ Ann Makosinski

Explore It FOR ME

JULY
SESSION 02

INFLUENCE

Daniel 2 Nebuchadnezzar's dream

Here are some ideas and activities you could do on your own



Challenge

Give yourself the challenge to be a positive influencer to those around you this week. Write out the word 'INFLUENCER' in large bulky letters. Colour in and decorate each letter each time you were a positive influence on someone this week. Perhaps you said or did something kind. Perhaps you helped someone make a better decision.



Pray

Where would you like to be a more positive influence? Daniel asked God for wisdom to guide him to say and do the right thing. Spend time praying about the situation you are concerned about and ask God to give you the courage to speak out.



Draw

In Daniel 2:31-45 the king's dream is explained in detail. Read the description and see if you can draw a picture of the statue described in these verses.



Rest

Sometimes our dreams aren't very nice. Play this Scripture Lullaby before you go to sleep tonight and ask God to protect your mind from unpleasant dreams while you're asleep. 'The peace of God' by Scripture Lullabies
https://www.youtube.com/watch?v=eyHn_KPm3uk

KIDS ALIVE! ONLINE

<https://www.salvationarmy.org.uk/kidsalive>

Kids Alive! The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!



Explore It

FOR LEADERS



WORSHIP

Daniel 2:17-23

These verses in Daniel are just a short snippet but they show us that Daniel was a passionate worshipper. His communication with God sustained him in Babylon and was a constant source of strength. Worship is not about which songs we choose to sing; it is an attitude we choose to adopt. We see a clear example of this in the life of Daniel and his exploits in captivity. We see Daniel declaring who God is and celebrating what he has done. This is real worship, coming from Daniel's heart, thanking God for intervening and revealing the meaning of Nebuchadnezzar's dream.

There is a massive difference in the way we worship when we are really thankful for something, rather than just joining in because it is expected of us or part of a church service. In this session we explore with the children what worship is, and how we can worship Jesus throughout the week. We explore different types of worship – not just songs of worship, but art, poetry, dance ... and how our whole lives can be an act of worship.

Each child will need:

- The worship handout
- Pens/pencils and paper

You will need:

- To write different way of worshipping on pieces of paper (based on the handout) and a container – see handout for worshipping ideas
- Large strips of paper with 'Worship is' written at one end – see Action It section

Start It

Play a game of Worship Charades. In this session a handout is provided giving lots of examples of ways we can worship. Fold up the pieces of paper with the worshipping ideas and put them in a container. Ask the children to take turns to act out whatever is on the piece of paper they pick up and see if the rest of the group can guess their action.

- **Say:** In our starter today, we have seen lots of examples of ways that we can worship God. Try and remember some of them as they will come in handy later.

Sing It

- **Say:** Today we are thinking about worship and how everything we do gives us an opportunity to show God how much we love him. We have used this song in sessions before so you might remember it.

'Every move I make' by CJ and friends (3 mins 18 secs)

<https://www.youtube.com/watch?v=MPvnZILn6EY>

Tell It

Ask: Last week we discovered that King Nebuchadnezzar had a bad dream.

Ask: Can you remember how this bad night's sleep led to a scary situation for Daniel and his friends?

Recap the story together.

Video (Optional)

If the children are struggling to remember the story, then watch the clip below for a recap.

Nebuchadnezzar's Dream - Daniel 2 by Sharefaith Kids (3 mins 58 secs)

<https://www.youtube.com/watch?v=csWfhOlgNcU>

🗨 **Say:** When Daniel found out that he and his friends were in trouble, he immediately turned to God in prayer.

Read Daniel 2:17-19 (*ICB*).

'So Daniel went to his house. He explained the whole story to his friends Hananiah, Mishael and Azariah. Daniel asked his friends to pray to the God of Heaven. Daniel asked them to pray that God would show them mercy and help them understand this secret. Then Daniel and his friends would not be put to death with the other wise men of Babylon.'

'During the night God explained the secret to Daniel in a vision.'

🗨 **Say:** God revealed to Daniel the meaning of the king's dream.

Ask: What do you think Daniel did next?

- a) Run to the king, tell him the meaning of the dream, and boast about how clever he was for working it out?
- b) Keep the news to himself and escape from Babylon with his friends?
- c) Immediately stop what he was doing to praise and worship God?

🗨 **Say:** Let's read Daniel 2:19b-23 (*ICB*) to find out what Daniel did.

'Then Daniel praised the God of Heaven. Daniel said:

"Praise God for ever and ever.

He has wisdom and power.

He changes the times and seasons of the year.

He takes away the power of kings.

And he gives their power to new kings.

He gives wisdom to people so they become wise.

And he helps people learn and know things.

He makes known secrets that are deep and hidden.

**He knows what is hidden in darkness,
and light lives with him.**

I thank you and praise you, God of my ancestors.

You have given me wisdom and power.

You told me what we asked of you.

You told us about the king's dream."

🗨 **Say:** As soon as God answered Daniel's prayer he began to worship.

Ask:

- Why do you think he did that?
- What did Daniel thank God for?
- What do you do when God answers your prayers? Do you take the time to thank God? If not why not?
- What can you thank God for today?

🗨️ **Say:** Daniel recognised that God was his only source of strength, and it was because of God that he was able to understand the king's dream. Although Daniel worshipped God through his words, there were lots of other ways that he honoured God. He refused to eat food that God had forbidden, and he refused to worship the gods of Babylon. Daniel's heart was filled with worship for God alone.

Action It

Ask: How would you finish this sentence? 'Worship is ...'

🗨️ **Say:** Daniel's heart worshipped the Lord in everything he did. When we worship God, we show our love for him in our actions. Singing is definitely part of worship but there is so much more to worshipping God.

Ask: What kind of acts of worship can you remember from our starter activity?

Poem

Explain to the group that they are going to create a 'Worship is ...' poem. On the handout there are lots of different activities that can be transformed into worship. Using large strips of paper write down one 'Worship is' statement (examples below) on each. When you have thought of 8-10 as a group, lay them on the floor and decide what order you would like them. Read out your 'Worship is ...' poem together.

Here are some ideas to get you started:

- ➔ Worship is memorising a Scripture verse to carry in your heart,
- ➔ Worship is dancing to a praise song when no one is watching,
- ➔ Worship is walking in the hilltops amazed at God's creation,
- ➔ Worship is serving at the food bank looking after those in need,
- ➔ Worship is singing on a Sunday with your friends and family,
- ➔ Worship is watching a sunset and feeling its warmth,
- ➔ Worship is sharing in a meal with friends and giving thanks to God.

The children can take home the handouts as this will help them to play one of the *Explore It Together* activities at home.

Pray It

🗨️ **Say:** Daniel regularly took the time to stop and give thanks to God in prayer. In today's story Daniel was facing a challenging situation. He prayed to God and God answered his prayer. Daniel took time to worship God and thank him for all he had done. Sometimes when God answers our prayers, we rush on to the next problem that we are facing and ask God for his help. We don't always take the time to reflect on God's faithfulness.

Ask: Why do you think it's important to take time to praise God and thank him for answered prayer?

Spend time praying with the group and ask them to share all the ways that God has been with them this week. Encourage the children to take time to pray throughout their week, just like Daniel did.

Explore It

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Explore It TOGETHER



WORSHIP

 Daniel 2:17-23

Here are some ideas and activities you could do as a family



Dance

Introduce someone at home to this week's song and see if you can persuade them to learn the dance moves in worship. 'Every move I make' by CJ and Friends
<https://www.youtube.com/watch?v=MPvnZILn6EY>



Watch

Watch the clip with someone at home. What is worship? by Shift Worship
<https://www.youtube.com/watch?v=jhjXvOyKZZA>
How would they finish the sentence 'Worship is...'?



Worship

Share your 'Worship is ...' poem. Talk together about all the different ways you can worship; your worship handout might help too. Choose a type of worship and explore doing this together. Share how worshipping in this way feels to you.



Pray

Daniel teaches us how to take time in our busy lives to praise God and say thank you. Set up an area at home where your family can write what they are thankful for. It could be a notebook or noticeboard, or you could collect your prayers of thanksgiving in a jar. At the end of the week spend time together looking at all the different ways God has answered your prayers.

Explore It FOR ME

JULY
SESSION 03

WORSHIP

 Daniel 2:17-23

Here are some ideas and activities you could do on your own



Write

Write your own 'Worship is ...' poem based on the different ways that you worship God throughout the week.



Pray

Daniel showed us how important it is to take time to recognise God's answered prayer in our lives. As you go through this week, notice all the different ways God is with you, and give thanks to him in prayer.



Watch

Next week we will be carrying on with Daniel's story, but you might not want to miss what happened to his friends in chapter 3. Watch the clip to find out more.

The Fiery Furnace by Saddleback Kids

<https://www.youtube.com/watch?v=f7cCV-IELLY>



Discover

Dive into your Bible and discover what these words of worship and praise say.

- ➔ Psalm 150:6
- ➔ 1 Chronicles 16:34
- ➔ Psalm 71:8
- ➔ 2 Samuel 7:22
- ➔ Psalm 95:6
- ➔ 1 Samuel 2:2

KIDS ALIVE! ONLINE

<https://www.salvationarmy.org.uk/kidsalive>

Kids Alive! The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!



Worship is ...

sharing investigating

dancing building

reading creating walking

memorising making

writing

hearing serving

baking

sensing experimenting

exploring

learning singing

playing

drawing listening watching

Explore It

FOR LEADERS



SECURITY

Daniel 6 Daniel and the lions

Tricked by those he worked with, betrayed and thrown into a lions' den – surely this would be the end of the road for Daniel. Where would all his prayers and faithfulness get him, now he was faced with snarling beasts and certain death? What difference would his obedience and refusal to compromise make, now he was trapped and alone? But for Daniel, the place of certain death turns into the place of greatest victory. There was no human way to escape from the lions' den, yet he emerges unharmed and praising God for his delivery.

When we feel the most frightened and alone, our natural response is to decide that God has abandoned us. Sometimes we feel such despair that it seems God could never bring good out of the situation; we feel confusion and fear when we find ourselves, like Daniel, trapped in a dark place confronting angry lions. This session helps us to think about our security and how we respond when our world has been turned upside down.

Each child will need:

- A4 coloured card, plus yellow and orange paper, scissors, glue, something circular to draw round, pens/pencils
- A Bible
- A prayer from the Prayer handout

You will need:

- A yellow tail, made out of rope/ribbon/felt with a knot at the bottom (optional) – see Start It section
- A toy lion (optional) – see Start It section
- Image of the painting *Daniel's answer to the king* by Briton Rivière
https://commons.wikimedia.org/wiki/File:Daniel%27s_Answer_to_the_King.jpg
- Learn how to make a friendly lion out of paper *Lion craft* by Krokotak
<https://www.youtube.com/watch?v=LOkFL4Nyaew>
- Print out prayers from the Prayer handout – four prayers per sheet

Start It

Choose an activity to start.

Option one – lion, lion, hyena

This is like the game *Duck, Duck, Goose*. Everyone sits in a circle except for one child who is the lion, who tucks the yellow tail behind them. The 'lion' walks around the circle, tapping each child (ideally on the shoulder) as they say, 'Lion'. If they say, 'Hyena', then this child chases the lion and tries to grab the tail. If they're successful, they become the lion.

Option two – lion's cub

One child sits with their back to everyone, with the toy lion, their cub, behind them. Another child is selected to steal the cub. They return to their place and hide the cub behind them. The leader signals to the lion that it's their turn. The lion says, 'Roar! Where is my cub!' The thief replies with, 'Roar! Here I am!' (Silly, scary, strange voices are encouraged.)

The lion turns around and has three guesses who said it and has the cub. If they're unsuccessful, the thief becomes the lion. If the lion is too good at guessing, reduce the number of guesses.

🗨 **Say:** Today we are going to discover the story of Daniel in the lions' den.

Sing It

🗨 **Say:** Today's song gives you a sneak preview of the story we'll be learning about today.

'Lyrics (Daniel song)' by Saddleback Kids (1 min 52 secs)

<https://www.youtube.com/watch?v=j0R0VaRYOTI>

Tell It

🗨 **Say:** Our story today is found in the book of Daniel, chapter 6 in the Old Testament. By now Daniel had served many kings and lived in Babylon for a long time. He was well respected in the royal palace and the current king, King Darius, often came to Daniel for advice. The rest of the king's advisers became increasingly jealous and hatched a plot to get rid of him. Watch the clip to discover what happened to Daniel.

Video

Daniel in the lions' den by Saddleback Kids (3 mins 49 sec)

https://www.youtube.com/watch?v=bEM_X25DWPk

Ask: Why do you think the King's advisers were jealous of Daniel?

🗨 **Say:** Sometimes we get jealous of people when we see they are doing well, or we think that they are better than us at something.

Ask:

→ Have you ever felt jealous of someone?

→ What does jealousy feel like?

🗨 **Say:** Sometimes we get jealous of other people when we don't feel confident about ourselves. Rather than recognising how much God loved and valued them, the royal advisers felt insecure and looked for approval from King Darius. They tried to get Daniel into trouble. Getting him out of the way meant they wouldn't have to watch him succeed any more.

Ask:

→ How did the royal advisers get Daniel into trouble?

→ How did King Darius react once he discovered his mistake?

🗨 **Say:** King Darius couldn't find any way to save Daniel from the lions' den.

🗨 **Say:** Daniel prayed to God every day and yet he still had to face the lions' den.

Ask: Does that sound fair to you? If not, why not?

🗨 **Say:** Sometimes when we are facing difficulties, we can feel like God has forgotten us.

Ask: What did Daniel do differently?

🗨 **Say:** Read Daniel 6:16-23 (*ICB*) to find out how Daniel reacted.

'So King Darius gave the order. They brought Daniel and threw him into the lions' den. The king said to Daniel, "May the God you serve all the time save you!" A big stone was brought. It was put over the opening of the lions' den. Then the king used his signet ring to put his special seal on the rock. And he used the rings of his royal officers to put their seals on the rock also. This showed that no one could move that rock and bring Daniel out. Then King Darius went back to his palace. He did not eat that night. He did not have any entertainment brought to entertain him. And he could not sleep.'

'The next morning King Darius got up at dawn. He hurried to the lions' den. As he came near the den, he was worried. He called out to Daniel. He said, "Daniel, servant of the living God! Has your God that you always worship been able to save you from the lions?"

'Daniel answered, "My king, live for ever! My God sent his angel to close the lions' mouths. They have not hurt me, because my God knows I am innocent. I never did anything wrong to you, my king."

'King Darius was very happy. He told his servants to lift Daniel out of the lions' den. So they lifted him out and did not find any injury on him. This was because Daniel had trusted in his God.'

Discuss

Show the children the picture Daniel's answer to the king. Discuss how the picture depicts Daniel and how the children would feel if they were in Daniel's position.

Suggested prompts:

- Why does Daniel seem so calm when the lions are so dangerous?
- Discuss the expression on Daniel's face and where he is looking.
- How does the picture show that Daniel knows he is going to be OK?
- 🗨 **Say:** Daniel trusted God in the most difficult of times. He knew that if he trusted God, he would be safe and secure.

Action It

Lion craft

For this activity the children are going to create a lion to remind them of God's faithfulness to Daniel in the lions' den. The clip below shows you how to make the lion. Ideally the lion will be created on an A4 piece of card folded in half like a greetings card. Make sure the mane is made up of at least ten strips of paper.

Lion craft by Krokotak

<https://www.youtube.com/watch?v=LOkFL4Nyaew>

Write words of encouragement around the lion from Daniel 6:16 and Scripture verses to explore when they are facing challenging times. On the inside of the lion's mane write the following Scripture verse (one word on each part of the mane).

'May the God you serve all the time save you!'

— Daniel 6:16 (ICB)

Here is a selection of Bible verses that could also be used in this activity. Look them up with the children and then write the reference around the lion's mane. The children can take their lion home and refer to it when they are facing challenging circumstances.

- Psalm 34:4-5
- Luke 14:27
- Joshua 8:1
- Isaiah 41:10
- Isaiah 41:13
- Psalm 91:4-5
- Psalm 115:11
- Matthew 10:26

🗨 **Say:** Whenever you feel frightened and alone, remember that God is with you, just like he was with Daniel. Use your friendly lion to remind you that you are safe and secure in his love.

Pray It

🗨 **Say:** There are lots of situations we face where it can feel like nothing good could ever come out of it. That's how Daniel could have felt in the lions' den, but he made a different choice.

Ask:

- What did Daniel choose to do instead?
- What can we learn from Daniel about trusting God in challenging situations?

- 🗨️ **Say:** Today you have created a friendly lion that you can use whenever you are having a tough time. The Bible verse on the lion's mane reminds us that Daniel trusted God when it seemed like there was no hope. You can also use the Bible verses to dip into when you feel afraid.
- 🗨️ **Say:** Finally, we are going to stick a prayer on the inside of your card that will help you to pray when you feel worried or afraid.

Read through the prayer with the children and discuss some of the worries they are facing. Pray the situation through with them and then give each child a copy of the prayer to stick inside their friendly lion card.

Dear God,

When life gets difficult and the world is a scary place, I can sometimes feel like I am alone in the lions' den. When I feel like that, Lord, remind me that you are always with me no matter what I face. Just like Daniel, I can bring all my worries to you, and you will be with me.

Right now, I am worried about ... *(tell God what challenges you are facing at the moment)*.

I trust you in these difficult situations, God, and thank you for being with me in the lions' den.

Amen.

Explore It

Remember to send home the Explore It (For Me) and Explore It (Together) ideas for children and families.

Explore It TOGETHER



SECURITY

Daniel 6 Daniel and the lions

Here are some ideas and activities you could do as a family



Explore

In this week's session we looked at a painting showing Daniel in the lions' den. During the school holidays try and visit a zoo, museum or art gallery (or a virtual one) with someone at home. Go on a lion hunt and share what you have discovered with your Explore It group.



Discover

Find someone in your house that loves nature and watch this *National Geographic* clip all about lions. What did you discover together?

Lions 101 by Nat Geo Wild
<https://www.youtube.com/watch?v=OMkEVX23BdM>



Bake

Have a go at baking these amazing lion cupcakes and share them with the people at home.

<https://www.cats.org.uk/cats-blog/lion-cupcakes-recipe>



Pray

You have already used your friendly lion to pray through a situation you are finding challenging. Is there someone at home that would find the lion's prayer or Bible verses helpful? Show them the friendly lion you have made and see if it helps them to trust God, even when things are difficult.

Explore It FOR ME

JULY
SESSION 04

SECURITY

Daniel 6 Daniel and the lions

Here are some ideas and activities you could do on your own



Listen

Listen to this song all about Daniel's experience in the lions' den.

'No Compromise (Daniel)' by Peter Furler

<https://www.youtube.com/watch?v=jqZNfWc-8aw>



Pray

Use your friendly lion to help you pray through a challenging situation you or your family are facing.



Create

In this week's session we looked at a painting called *Daniel's answer to the king* by Briton Rivière. Create your own piece of artwork showing Daniel in the lions' den.



Research

What can you find out about lions? Do you know how many different types of lions there are? How long they live for? How fast they are? Did you know that lions in the wild are in danger of dying out? Find out what is happening to their habitat and their food and share with someone what you have learned.

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Dear God,

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Right now, I am worried about ...

Dear God,

When life gets difficult and the world is a scary place, I can sometimes feel like I am alone in the lions' den. When I feel like that, Lord, remind me that you are always with me no matter what I face. Just like Daniel, I can bring all my worries to you and you will be with me.
Right now, I am worried about ...

I trust you in these difficult situations, God, and thank you for being with me in the lions' den.
Amen

I trust you in these difficult situations, God, and thank you for being with me in the lions' den.
Amen

Dear God,
When life gets difficult and the world is a scary place, I can sometimes feel like I am alone in the lions' den. When I feel like that, Lord, remind me that you are always with me no matter what I face. Just like Daniel, I can bring all my worries to you and you will be with me.
Right now, I am worried about ...

Dear God,
When life gets difficult and the world is a scary place, I can sometimes feel like I am alone in the lions' den. When I feel like that, Lord, remind me that you are always with me no matter what I face. Just like Daniel, I can bring all my worries to you and you will be with me.
Right now, I am worried about ...

I trust you in these difficult situations, God, and thank you for being with me in the lions' den.
Amen

I trust you in these difficult situations, God, and thank you for being with me in the lions' den.
Amen

Explore It

FOR LEADERS



PRAYER

Daniel 9 Daniel's prayer

How do you feel when you think about the situations you hear about on the news or in your classroom? Does all the bad news sometimes seem overwhelming? Do you ever feel helpless to make a difference?

Daniel looked back through the Scriptures and saw that God's prophecy had come true in his time. Instead of this driving him to despair and discouragement, Daniel uses it to inspire his prayers and he pleads with God to change the situation for his people.

What situations drive you to prayer and which do you find it hard to believe that God could act in? Why is this? What different methods of prayer have you tried? Which do you like and dislike? Do you find it easy to hear God's voice? How could you make more space for this in your prayer times?

Each child will need:

→ Images from the images sheet stuck on sticks (three per child) – see Tell It section

You will need:

→ Chairs, music, a variety of prayer cards for people or situations, sticky tape, a timer – see Start It section

→ A rough cloth or sack and prepare a dramatic Bible reading – see Tell It section

→ Paper and pens/pencils and set up prayer activities or prayer stations (use prayer stations sheet) – see Pray It section

Start It

Play a game of *Musical Prayers*. Set up chairs for a game of musical chairs and tape one prayer card to the front of each chair and one to the back. On each prayer card there should be the name of a person or situation to pray for. This could be from the local news, or people within your church.

Play some music, and when it stops each person sits down, picks up the card on the front of the chair and prays for one minute for that person/situation. Ask the children to share the person or situation they have prayed for. For round two use the prayer card on the back of the chair.

Sing It

● **Say:** Today we are thinking about different ways we can spend time in prayer to God. Our song for today includes different Bible stories, including Daniel's, and reminds us exactly who we are praying to.

'King of me' by Rend Co Kids (2 mins 19 secs)

<https://www.youtube.com/watch?v=7Yt3vPANmVU>

Tell It

🗣️ **Say:** Over the past few weeks we have discovered more about the life of Daniel.

Ask: How would you describe Daniel to someone who doesn't know anything about him?

🗣️ **Say:** Daniel had to face very challenging circumstances. He came from a place filled with war and conflict and ended up in a country where he didn't speak the language. Although he was successful and influential, there were others who tried to make life difficult for him. Throughout all this, God was faithful.

🗣️ **Say:** In today's part of the story, Daniel is very worried about what is happening in the world around him and what will happen in the future.

Ask:

➔ How do you feel when you think about situations you hear about on the news or in the classroom?

➔ Does all the bad news seem overwhelming sometimes?

➔ Do you ever feel helpless to make a difference?

🗣️ **Say:** The people of Daniel's day were not following God how they should – and Daniel realised this. That's why things were going wrong. Daniel looked back through the Scriptures and realised that God was not happy with how the people were behaving, and that if they carried on acting this way then it wouldn't end well. So Daniel decided to pray.

Daniel's prayer

Prepare a dramatic reading as Daniel. It's quite a long reading but it is important for the children to see how honest Daniel was with God.

Put a rough cloth over your shoulders and give the children the images on sticks. Ask the children to listen carefully, and when they hear examples listed below, to show the correct image.

Happy face: the good things God has done

Sad face: the things that made people sad

Red cross: the bad things that people did (sinned)

Help the children with the listening activity with cues like smiling, looking sad, or shaking your head.

Read Daniel 9:3-19 (ICB)

'Then I turned to the Lord God. I prayed to him and asked him for help. I did not eat any food. [SAD FACE] To show how sad I was I put on rough cloth and sat in ashes. [SAD FACE] I prayed to the Lord my God. I told him about all of my sins. [RED CROSS] I said, "Lord, you are a great God. [HAPPY FACE] You cause fear and wonder. [HAPPY FACE] You keep your agreement of love with all who love you and obey your commands. [HAPPY FACE]

"But we have sinned and done wrong. [RED CROSS] We have been wicked and turned against you. [RED CROSS] We have not obeyed your commands and laws. [RED CROSS] We did not listen to your servants, the prophets. [RED CROSS] They spoke for you to our kings, our leaders and our ancestors. They spoke to all the people of the land.

"Lord, you are good and right. [HAPPY FACE] But we are full of shame today. [SAD FACE] The people of Judah and Jerusalem and all the people of Israel are ashamed. [SAD FACE] People near and far whom you scattered among many nations are ashamed. [SAD FACE] We were not loyal to you. [RED CROSS] Lord, we are all ashamed. [SAD FACE] Our kings and leaders and our fathers are ashamed. [SAD FACE] This is because we have sinned against you. [RED CROSS]

"But, Lord our God, you show us mercy. [HAPPY FACE] You forgive us even though we have turned against you. [RED CROSS] We have not obeyed the Lord our God. [RED CROSS] We have not obeyed the teachings he gave us through his servants, the prophets. All the people of Israel have disobeyed your teachings. [RED CROSS] They all have turned away and refused to obey you. [RED CROSS] So you brought on us the

curses and promises of punishment written in the Teachings of Moses, the servant of God. [SAD FACE] These things have happened to us because we sinned against you. [RED CROSS]

“God said these things would happen to us and our leaders. And he made them happen. You brought on us a great disaster. [SAD FACE] Nothing has ever been done here on earth like what was done to Jerusalem. All this disaster came to us just as it is written in the Teachings of Moses. [SAD FACE] But we still have not stopped sinning. [RED CROSS] We still do not pay attention to your truth. [RED CROSS] The Lord was ready to bring the disaster on us. This is because he is right in everything he does. [HAPPY FACE] But we still have not obeyed him. [RED CROSS]

“Lord our God, you used your power and brought us out of Egypt. [HAPPY FACE] Because of that, your name is known even today. [HAPPY FACE] Lord, we have sinned. [RED CROSS] We have done wrong. [RED CROSS] Lord, you do the right things. [HAPPY FACE] So do not be angry with Jerusalem. Jerusalem is your city on your holy hill. All this has happened because of our sins and the evil things done by our ancestors. [RED CROSS] So now people all around insult and make fun of Jerusalem and your people. [RED CROSS]

“Now, our God, hear my prayers. [HAPPY FACE] I am your servant. [HAPPY FACE] Listen to my prayer for help. [HAPPY FACE] Do good things for your holy place that is in ruins. [HAPPY FACE] Do this for your sake. [HAPPY FACE] My God, pay attention and hear me. Open your eyes and see all the terrible things that have happened to us. See what has happened to the city that is called by your name. We do not ask these things because we are good. We ask because of your mercy. [HAPPY FACE] Lord, listen! Lord, forgive! Lord, hear us and do something! For your sake, don't wait! Your city and your people are called by your name.”

🗨️ **Say:** Daniel was desperate for things to change in the world, but rather than this driving him to discouragement, he decided to pray.

Ask: What situations drive you to prayer, and which to you find it hard to believe that God could act in? Why is this?

Action It

There are three activities that can be used in succession or as part of prayer stations. They give the children an opportunity to follow the example of Daniel and discover different ways to pray.

These activities might be useful as a handout on separate sheet so that they can either be given out or placed at the prayer station.

Activity 1 - Daniel's prayer of praise

Daniel faced a tricky situation as he tried to work out the meaning of King Nebuchadnezzar's dream. When God reveals it to Daniel, he begins to say a prayer of praise.

'Praise God for ever and ever.
He has wisdom and power.
He changes the times and seasons of the year.
He takes away the power of kings.
And he gives their power to new kings.
He gives wisdom to people so they become wise.
And he helps people learn and know things.
He makes known secrets that are deep and hidden.
He knows what is hidden in darkness,
and light lives with him.
I thank you and praise you, God of my ancestors.
You have given me wisdom and power.
You told me what we asked of you.
You told us about the king's dream.'

— Daniel 2: 20-23 (ICB)

Think back over the last school year.

- What kind of prayers have you prayed?
- How has God answered your prayers?
- What are you thankful for?

Write a prayer of praise and thanksgiving to God, just as Daniel did.

Activity 2 - Daniel's prayer routine

Daniel's prayer routine got him into a lot of trouble, as the royal advisers used it against him. They were jealous of Daniel and encouraged the king to make Daniel's prayer to God illegal. Daniel faced a night in the lions' den just because he wouldn't change his prayer routine. That's how important prayer was to Daniel. He felt secure in God because he spent so much time with him.

Read Daniel 6:10 (*ICB*).

'When Daniel heard that the new law had been written, he went to his house. He went to his upstairs room. The windows of that room opened toward Jerusalem. Three times each day Daniel got down on his knees and prayed. He prayed and thanked God, just as he always had done.'

How often do you spend time praying to God?

Don't feel bad if you don't pray much at the moment. The idea of this activity is not to make you feel guilty about how much or little you pray. God loves spending time with us, and the more we pray, the more we get to know him. Daniel felt secure because he spent so much time praying to God and reading Scripture.

Create a prayer plan for yourself that will take you through next week and plan in slots of time where you can spend time praying to God.

Activity 3 - Daniel 9

In chapter 9 Daniel spends time sharing with God all his worries and concerns. He also recognises the things that he has done wrong, and the ways in which his people have turned away from God. Daniel gives thanks, asks for forgiveness and prays for himself and the situations around him. We can use this example of prayer ourselves.

Use the PRAY acronym to spend time with God.

P – Praise

God, I praise you because ...

R – Repent

Forgive me, Lord, for ...

A – Ask

God, I ask that you would ...

Y – Yes

Yes, Lord, thank you for answering these prayers ...

Regardless of how you use these activities, spend some time at the end of this section discussing what the children have been doing. Which of these prayer activities will they try at home? Do they have any other prayer methods that they could share with the rest of the group?

Pray It

🗨️ **Say:** We have spent a lot of time thinking about prayer today.

Ask:

- Do you ever wonder if God hears your prayers?
- Why is that?

🗨️ **Say:** Daniel prayed throughout his life, often in difficult circumstances. Towards the end of the book of Daniel we read that God has heard every word of Daniel's prayers.

Read Daniel 10:12 (ICB)

'Then the man said to me, "Daniel, do not be afraid. Some time ago you decided to try to get understanding. You wanted to be humble before God. Since that time God has listened to you. And I came to you because you have been praying."'

🗣️ **Say:** God reassured Daniel that he was listening to his prayers and working toward an answer. Let's follow Daniel's example and pray, no matter what is going on around us.

Video

To finish the session on a lively note, use the song 'Pray' by CeCe Winans. The lyrics for the chorus are as follows and the children will soon pick up the 'I pray, you pray, we pray' part. If not, you can all have fun dancing to this prayer song together.

'Pray' by CeCe Winans (3 mins 30 secs)

<https://www.youtube.com/watch?v=0v5fckxZ2j0>

**When the world feels like it's on your shoulders
(I pray, you pray, we pray)
When your life seems like it's upside down
(I pray, you pray, we pray)
When your lonely nights are getting colder
(I pray, you pray, we pray)
I pray, you pray no matter how dark the day**

Explore It

Remember to send home the Explore It (For Me) and Explore It (Together) ideas for children and families.

Explore It TOGETHER



PRAYER

Daniel 9 Daniel's prayer

Here are some ideas and activities you could do as a family



Walk

Take someone at home on a prayer walk with you. As you walk around your neighbourhood, pray for the people inside and those you meet on the street.



Watch

Watch an episode of *Newsround* with someone at home and pray for the people and situations that you see.

<https://www.bbc.co.uk/newsround>



Pray

Have a look at this web page and try out one of the creative ideas for praying as a family together.

<https://kitchentable.org.uk/prayer-jenga-and-other-game-ideas-to-encourage-family-prayer-time/>



Dance

Introduce the people at home to the song we used at the end of our prayer time. Dance around your living room together and remember how important it is that we turn to God in prayer.

'Pray' by CeCe Winans

<https://www.youtube.com/watch?v=0v5fckxZ2j0>

Explore It FOR ME



PRAYER

Daniel 9 Daniel's prayer

Here are some ideas and activities you could do on your own



Create

This month you have discovered lots about Daniel's story. Create a comic strip or storyboard that retells one of the events in Daniel's life.



Watch

Watch the clip and discover more about prayer.
How to pray! by Crossroads Kids Club
https://www.youtube.com/watch?v=1Y_tAL0Q_ak



Pray

In this week's session we spent time learning new ways to pray and some of you created a prayer planner for the week. Try out some of ways you have discovered to pray so that you grow closer to God just as Daniel did.



Sing

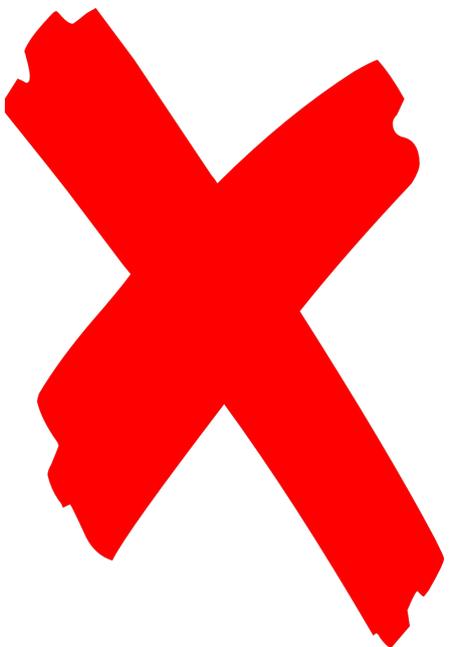
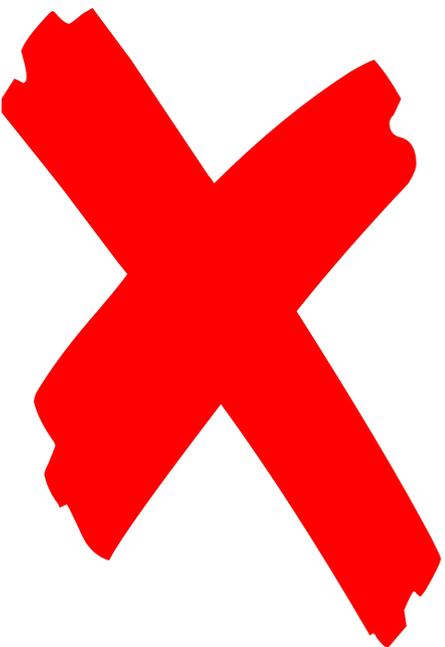
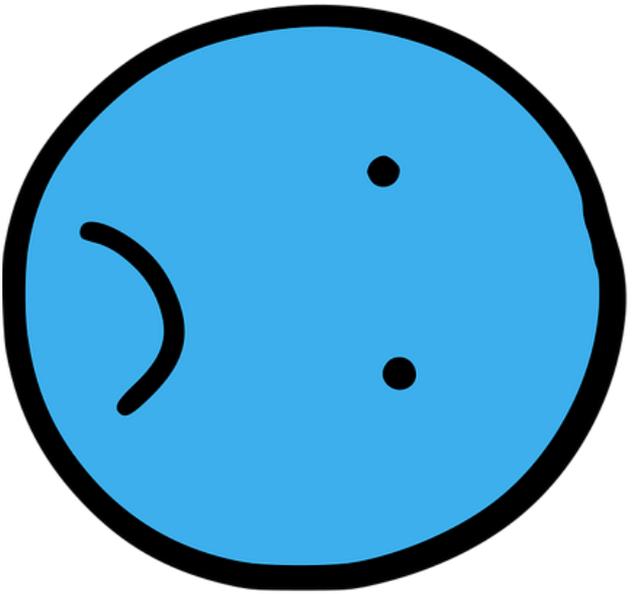
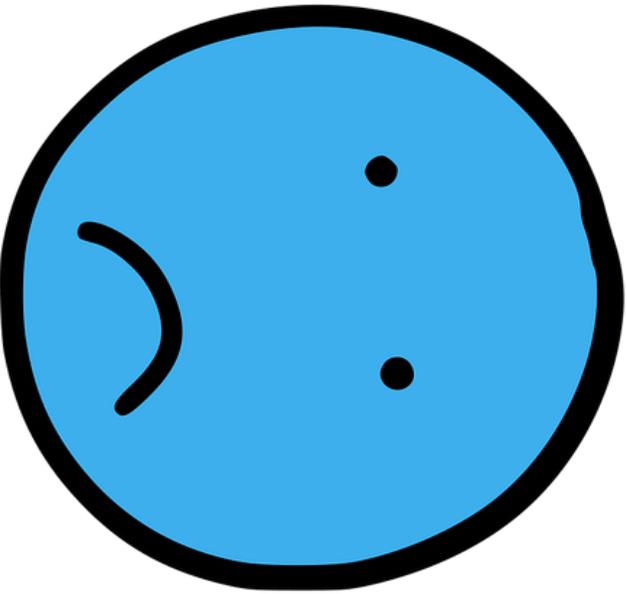
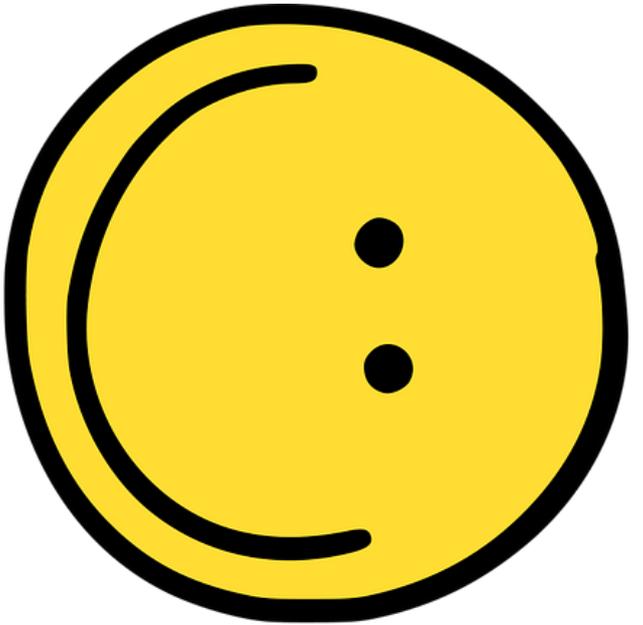
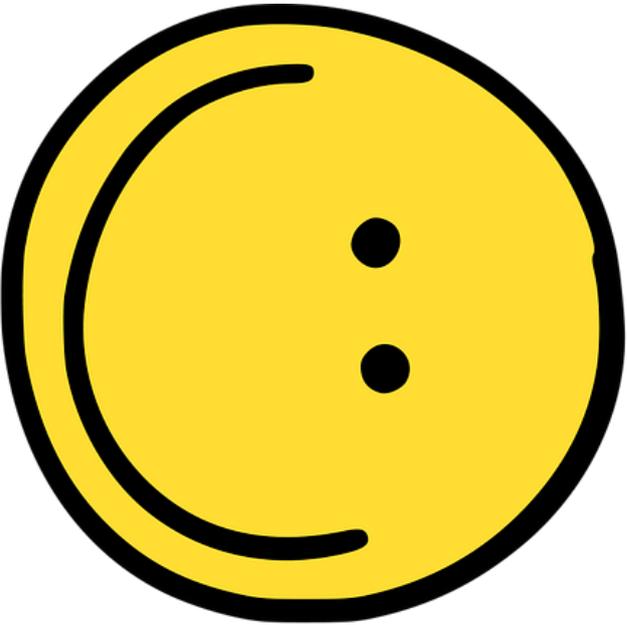
Have another go at singing this week's song.
'King of me' by Rend Co Kids
<https://www.youtube.com/watch?v=7Yt3vPANmVU>

KIDS ALIVE! ONLINE

<https://www.salvationarmy.org.uk/kidsalive>

Kids Alive! The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!





PRAY ◦ Pray ◦ DRAW ◦ Pray ◦ PRAY ◦ Pray ◦ DRAW ◦ Pray ◦ PRAY ◦ Pray ◦ DRAW ◦ Pray ◦ PRAY ◦ Pray ◦ PRAY

Daniel's prayer routine

Daniel's prayer routine got him into a lot of trouble as the royal advisors used it against him.

They were jealous of Daniel and encouraged the king to make Daniel's prayer to God illegal.

Daniel faced a night in the lions' den just because he wouldn't change his prayer routine.

That's how important prayer was to Daniel.

He felt secure in God because he spent so much time with him.

'When Daniel heard that the new law had been written, he went to his house. He went to his upstairs room. The windows of that room opened toward Jerusalem. Three times each day Daniel got down on his knees and prayed. He prayed and thanked God, just as he always had done.'

Daniel 6:10 (ICB)

How often do you spend time praying to God? Don't feel bad if you don't pray much at the moment.

The idea of this activity is not to make you feel guilty about how much or little you pray.

God loves spending time with us, and the more we pray, the more we get to know him.

Daniel felt secure because he spent so much time praying to God and reading Scripture.



Create a prayer plan for yourself that will take you through next week and plan in slots of time where you can spend time praying to God.

GETTA ◦ READ ◦ READ ◦ READ ◦ READ ◦ READ ◦ GETTA ◦ GETTA ◦ READ ◦ READ ◦ READ ◦ READ ◦ READ ◦ READ

PRAY ◦ Pray ◦ DRAW ◦ Pray ◦ PRAY ◦ Pray ◦ DRAW ◦ Pray ◦ PRAY ◦ Pray ◦ DRAW ◦ Pray ◦ PRAY

