

- **Key Question:** Who can make good choices?
- **Big Idea:** I can make good choices
- **Memory Verse:** 'I can do all things through Jesus who gives me strength' - Philippians 4:13
- **Bible Story:** Daniel 1: 1-17 – Daniel's Diet

---

### Let's Rhyme

---

Let us sing our rhyme for this month:

(to the tune "Ring Around the Rosie" while moving in the "circle." Fall to the floor on the last line. Repeat. JUMP up on the last line)

What You Say: "Jesus is amazing! Come hold hands with me. Let's walk in a circle while we sing.

God is big and strong  
God is big and strong  
He loves you. He loves me.  
We all fall down.

God is big and strong  
God is big and strong  
He loves you. He loves me.  
We all jump up!  
Yay!!

### Let's do

---

#### I Spy

**What You Need:** A plate/tray, Toy vegetables such as carrot, broccoli, pumpkin, beans. You can also have other items such as toy cars, dolls, books etc.

**What You Do:** Have the kids seated in front of you. Place a mat between you and the children and place all the items on the mat.

**What You Say:** Everyone, we are going to play a game, I have lots of different things here on this mat. But we are going to try and find the vegetables. So when I say "I spy with my little eyes, a vegetable that begins with P and is Orange." Do this until all the vegetables are on the tray

**At end of activity:** Wow! You were great at finding vegetables. In our story today, we will talk about how a boy named Daniel and his three friends only ate vegetables to obey God. Amazing right? Do you like to eat only vegetables? (Encourage response)

### Let's Sing

---

Let us sing this song to remind ourselves that when we decide to follow Jesus there is not turning back.

[I have decided to follow Jesus](#)  
[This little light of mine](#)

### Let's Watch

---

Let's see our video on [CityLife Church Online](#). Hope you'll enjoy it!!

---

### Let's Read

What you need: Bible

***It's story time! Do you know where's our story is from? Yes, the Bible! The Bible is God's special book. The stories in God's Word are true. Raise your hand if you know the Bible is a special book. Yes, and if it's in the bible, it's true, because the Bible is True!***

Today our story is about a boy name Daniel and how he obeyed God.

Long time ago, King Nebuchadnezzar went to Israel with a strong army. His army took many people from Israel back to their country, Babylon. Daniel and his three friends were also with them.

When they got to Babylon, an official of the king came to choose servants for the king. The official chose the strongest, healthiest and smartest young men. Daniel and his three friends were chosen! As the king's servants, Daniel and his friends were supposed to eat food right from the king's table—the same food the king ate! The king's food looked and smelled very good. But God had told Daniel and his friends not to eat certain foods. And the king's food was not something they could eat. Daniel and his friends were so hungry. But they decided to obey God's rules.

Daniel and his friends talked to the guard who was in charge of meals and the boys would eat only vegetables and drink only water.

After 10 days of this special diet, the guard looked at the four boys. Daniel and his friends looked better and stronger than the others did! So the guard let them keep on eating the way they were eating. They were able to do what was right by obeying God and show they loved God!

The bible is true, and we must always do what the Bible tells us to do. We must pray and always obey what God tells us to do something.

Our Big idea this month is **"I can make good choices"** So when I ask "Who can make good choices" You can say [Big Idea] **"I can make good choices"** Shall we try? "Who can make good choices? **"I can make good choices"**



### Let's Pray

---

“Dear God, Thank you for always guiding us and speaking to our hearts. I love you and I will make good choices. In Jesus’ name - Amen

### Let's do our Memory Verse (Preschool 3-4)

I can do (point to self) all things (move arms around to show “all”)  
through Jesus (point up) who gives me strength (show muscles)  
Philippians 4:13 (Open hands like a book)

### Let's Create

---

Click here to check out the [Craft & Activity sheet online!](#) We would love to see your creations in our [Citylife Church website](#) – check with your mum and dad, first! Just click on the leave and leave your photos in the dropbox!