

Primary Prep-5 Bible – 6-7 August 2022

Stand Up and Stand Out

A Study of the book of Daniel

Jesus helps me to have self-Discipline

It's a “meaty” story

LESSON OBJECTIVE

By the end of this series, children will, know that Jesus helps them develop self-discipline, courage, Faithfulness and Humility. Children will choose to stand up for what's right so they could stand out and give all glory to God by being a living example

LESSON BACKGROUND

As we step into a study from the book of Daniel, we will look closely at Daniel and his godly characteristics starting with self-discipline. Self-discipline is making the right choice no matter how we feel and no matter what others choose to do.

Daniel loved and served the one, true God. Even as a young man he knew what he believed, and he was not afraid to stand up for those beliefs in order to keep himself pure. Without self-discipline, our spiritual walk is hindered, and we would be more likely to give in to temptation as well (1 Corinthians 7:5).

Self-discipline is a work of the Holy Spirit (Romans 8:9). The Holy Spirit's presence in our lives provides us with the power and the ability to exercise self-discipline (2 Timothy 1:7). Self-discipline is a gift of grace from God. What a blessing it is to know the Holy Spirit helps us respond in obedience with self-discipline! Jesus helps us to cultivate Godly characteristics so that we can stand up and stand out.

KEY PASSAGE: Daniel 1:1-4

KEY VERSE FOR THE MONTH:

Matthew 5:16

In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

BIG IDEA: “Jesus helps me to have self-discipline”

KEY CONCEPT: Many ungodly influences tempt us in our daily lives. We are constantly pressured to give in to the values of our culture. Through this lesson we learn that through prayer we can seek help of the Holy Spirit and develop self-discipline, to stay true to the will of God.

OBJECT LESSON (IN PERSON ONLY)

Lower Primary – Animal Charades

- **What you need** – Different Animal cards
- **What to do** – Fill a bowl with different animal cards and encourage kids to come forward and pick a card. Then they must act out the animal that is on the card they picked. Other kids have to guess which animal they are acting out.
- **After the activity** - Just as you were able to guess the animals by their actions, others can tell a lot about us by our actions. Today we learnt about Daniel who was taken away from his family. Even though Daniel was far away from his parents, he still demonstrated self-discipline. Pray and ask Jesus to help you, when you are faced with a situation where you need self-discipline.

Upper primary – Power of Water

- **Video Example:** [The Power of Self control using Water as an Object Lesson](#)
- **What to do** - Have a see-through tub with toy cars to look like a street. a Jug of water. Share about all the benefits of water. and also share that too much water can flood whole towns like the ones in NSW and QLD. You can pour the jug into the tub to make it look like a damaging flood. Why is it damaging? Because it's out of control. That doesn't mean that water is bad, it means that water needs to be under control. In the same way there are things in our life that need to be under control.

BIBLE MESSAGE

INTRODUCTION

Do you always do the right thing? I don't know about you but I don't always. I actually need The Holy Spirit to help me! As we seek Jesus to help us do the right thing and live according to God's will, no doubt help through the power of the Holy Spirit will come. In today's story we look at Daniel and his friends who stood up for what was right and stood out serving king Neb.... can you say it? Yes Nebuchadnezzar. But can you spell it? Through God's help Daniel, and his friends developed the virtue of self-discipline.

<video [Daniel Chapter 1: The Captivity Bible Story for Kids \(Sharefaithkids.com\) - YouTube](#) or [teach live](#)>

Not necessary to read for Kids Connect Video

This month we are going to be studying the book of Daniel from the Old Testament. Daniel, Shadrach, Meshach, and Abednego were taken captive by the king of Babylon, King Nebuchadnezzar. Say his name after me. *Allow the students to*

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repeat the king's name after you.

The king wanted the young men to work for him in his inner court. The four boys would have been about 14 years old and were to be trained to work in the king's palace as his advisers. The king provided food (meat and wine) from his own table. But Daniel and his friends knew the king's food was shared with false gods, and the Israelites worshiped the one and only true God, YHWH. So, Daniel asked the man in charge if he and his friends could eat vegetables and drink water instead. The man in charge was afraid that the king would become angry with him if they weren't as strong as the other young men. But Daniel asked the man in charge to let them eat only vegetables and drink only water for ten days to test them and see how they would do, and the man in charge agreed.

At the end of the ten days, Daniel and his friends were stronger and healthier than all the other men. The king chose them to work in his palace to be some of his wise men. The choices that Daniel and his friends made and the self-discipline demonstrated to others that they were followers of the one, true God.

They remained faithful to God even though they were far from their families and home. Daniel and his friends knew what they believed, and they were not afraid to stand up for it. With the help of the Holy Spirit through prayer, they kept their hearts and bodies pure and God blessed their choices by giving them strength to continue to have self-discipline, have wisdom, and have favour with the king.

In Matthew 5:16 the Bible tells us, “let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.”

Daniel and his friends are an example to us of what a follower of God should do – to shine before others so that through their lives God will have all the glory. He is the one who helps us to stand up and stand out. And all glory and praise should be unto Him.

In the next few weeks, we will see how Daniel did great things through the help of the Holy Spirit. Because he was faithful and obedient to God's word, God used him to make a difference wherever he was. Because of this Daniel shined his light for God and God's grace and mercy was always upon Daniel to empower him to make wise choices.

APPLICATION

How can we apply this story to our lives?

1. When placed in this difficult situation, Daniel and his friends didn't go all “Fight or Flight”. They didn't resist the orders, and fight against the Babylonians. Neither did they just give-up nor go along with everything the Babylonians asked them to do to avoid any difficulties. In fact, Daniel and his friends stood up for what they believed. It was far more important for them to be faithful and obey the one and only living God rather than compromise their faith. They would have prayed and asked God for help them and as they did what they

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knew was right - God gave them strength, discipline and favour with the Babylonians in charge.

What are you trusting God today for self-discipline? Are there things you do simply because you want to fit in?

Or are there things you run away from because you want to avoid conflict?

2. In the story we saw that Daniel and his friends provided a solution to the problem. They did not fight it or go along with it, instead, prayerfully came up with a solution as they waited on God.

How would you come with a solution, if you are facing a situation where you need to stand up for what is right?

Would you act on instinct or be disciplined enough to wait on God to reveal a solution? (encourage response)

Would you go along and do something wrong in the sight of God just to please others? Or would you ask God to help you with self-discipline and give it your best shot to do the right thing?

Our Big Idea today is **“Jesus helps me to have self-discipline”**

Discuss - Self-discipline also involves making the right choice over and over. It is not always easy to be disciplined all the time. It takes practise and making a conscience decision over and over again to do the right thing. BUT, we are never alone in this. Jesus is always with us to help develop self-discipline. When you are tempted to say you are sick because you don't want to go to school, instead you get up, get dressed, and go to school. When your teacher asks if you brought your homework and you forgot to do it, you tell the truth. When your friend bullies someone, you stand up for the one being bullied. When your parent tells you to do something, you do it right away. Jesus will always reveal to us what we must do. We have to be willing in our heart to make the tough choices. This is how we **STAND UP** and **STAND OUT!**

Our Memory Verse is from Matthew 5:16 **“let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.”**

Let's pray:

Dear God, thank you that You are a good God who hears our prayer. Thank You that you have given me the Holy Spirit who lives inside me. Help me Lord, to make right choices. Help me have self-discipline so that I will do what is right in your sight, even when I don't feel like it. Thank you for the wonderful example of Daniel. Help me to learn from these scriptures. Help me to always stand up and stand out so that through my life, I can give you all the glory. In Jesus' name – Amen!

Kids Life Group Prep-1 (20 mins)

- **Craft**

Complete the craft and talk about how Jesus helps us to have self-discipline.

- **Memory Verse**

Our Memory Verse is ***"let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven"***
Matthew 5:16

- **Wrap up**

Recap: Daniel, Shadrach, Meshach, and Abednego all practiced self-discipline by not eating all of the foods that they were not supposed to eat. Self-discipline involves making the right choice over and over. It is not always easy to be disciplined all the time. It takes practise and making a conscience decision over and over again to do the right thing. BUT remember that we are never alone as Jesus is always with us to help us develop self-discipline. Self-discipline makes us stand OUT!

- Our Big Idea today is **"Jesus helps me have self-discipline"**

- a) Ask for prayer requests and close in prayer.

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Kids Life Group Primary 2-5 (20 mins)

- **Discussion**

- Discuss these questions (**use Prayer Activity sheet after questions**):

- **Do any of you know what it means to be self-disciplined?**
To be self-disciplined means we make ourselves do what we know is right. You do the right thing even when your parents aren't watching. You do your work when your teacher steps out of the room. You do the right thing even when no one is around.
- **Tell us a time when you didn't choose self-discipline. What happened afterwards?** eg. you ate too much cake and felt sick or said something mean to someone and got in trouble, or you lost your temper and hurt your friend or sibling. **Leader:** *share some of your own lack of self-discipline stories.*
- **Did Daniel and his friends have self-discipline? How did they show it?**
Yes, they had self-discipline. They knew God's rules, and they wanted to obey God.
- **What are some ways we can show self-discipline at Home? What about school? How about when you are with your friends?**
- **Do you think it was easy for Daniel and his friends to stand against what everyone else was doing and ask for vegetables and water?**
No, it wasn't easy. It would have been easier for them to just go along with what the other young men were doing.
- Is it easy to sit on the couch every day or exercise?
- Is it easier to do our homework or watch TV?
- Is it easier to wash the dishes or play outside?
- Is it easier to get angry and yell or hold your tongue and forgive?

It is not always easy to do what is right, but it's the choice we should make

Read **James 1:5**. **What is something we can do to help us with self-control?** 'If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you' James 1:5. We can pray and God can give us wisdom to find a solution when we are unsure what to do when we are under pressure to do the wrong thing. **Leader,** *share a testimony of how Jesus has helped you to have self-discipline in a particular situation*

- The more times we do the right thing the easier it becomes to do it again in the future. **What does this tell you about self-discipline?**

- **Memory Verse**

Our Memory Verse is "let ***your light shine before others, so that they may see your good works and give glory to your Father who is in heaven***" **Matthew 5:16**

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- **Wrap up**

- a) **Recap:** Daniel, Shadrach, Meshach, and Abednego all practiced self-discipline by not eating all of the foods that they were not supposed to eat. Self-discipline involves making the right choice over and over. It is not always easy to be disciplined all the time. It takes practise and making a conscience decision over and over again to do the right thing. BUT remember that we are never alone as Jesus is always with us to help us develop self-discipline. Self-discipline makes us stand OUT!
- Jesus hears our prayers. He will always answer our prayers and help us when our desire is to bring Glory to God.
- **Our Big Idea today is “Jesus helps me have self-discipline”**
- b) **Ask for prayer requests and close in prayer. Use Prayer Activity Sheet.**