



Write a one line prayer asking Jesus to help you be a more disciplined person in the following areas of your life.

As a member of the family

As a student

As a friend

In the activities you love to do

In following Jesus

Daniel and His Friends Eat Good Food

—Daniel 1

Eat Your Veggies

Daniel and his friends were in training to be servants of King Nebuchadnezzar. The king wanted his servants to be healthy, strong, and smart, so he fed them the same kind of food he ate himself.

But Daniel said, "Please let us eat only vegetables and drink only water for ten days. Then compare us with the other young men who eat the king's food. See for yourself who looks healthier."

Decode the message below to find out what happened.



Lesson 15 Daniel and his Three Friends

N	O	L	Y	B	A	B	Z	X
E	X	S	M	M	K	I	N	G
B	H	A	N	A	N	I	A	H
U	S	E	M	I	T	N	E	T
C	A	P	T	I	V	E	S	X
H	M	O	B	E	Y	S	Y	K
A	Q	K	W	R	X	L	A	I
D	A	N	I	E	L	U	D	N
N	M	K	N	T	X	P	N	G
E	Y	S	E	A	X	Q	E	S
Z	S	X	M	W	Z	M	T	F
Z	M	I	S	H	A	E	L	O
A	R	E	F	U	S	E	D	O
R	H	A	I	R	A	Z	A	D

Azariah	King's Food	Ten Days
Babylon	Mishael	Ten Times
Captives	Nebuchadnezzar	Water
Daniel	Obey	Wine
Hananiah	Pulse	
King	Refused	

Hidden in this find-a-word are 16 words from today's lesson. They go forwards, backwards, up or down. When you find a word, colour it and cross it off the list.