



REFERENCES: DANIEL 1; PROPHETS AND KINGS, PP. 479-490.

Passing the Test

What is your favorite food? How about your favorite song? Are all of these the best choices for you? Daniel and his friends made a good choice.

Daniel and three of his friends stopped and stared up at the huge, beautiful palace. They were very tired, and very sad. Strangers in a strange country, they were captives of the king of Babylon.



Memory Verse

“Reject the wrong and choose the right.”

ISAIAH 7:15, NIV.

The Message

We worship God when we choose good things.

Once inside the palace, servants took the boys to big bathtubs. After their baths a servant handed each one fancy new clothes and showed them their new rooms. “Supper will be ready soon,” the servant said.

Daniel and his friends knelt beside their new beds. They prayed that God would help them be strong and choose good things in this strange country where people didn’t worship Him.

Soon the servant called the new captives to supper. Daniel and his friends followed him into the dining room. Delicious-looking food covered the tables, food that came from the king’s table and had been offered to idols. Daniel and his friends looked at one

another with wide eyes. What should they do? This was the kind of food they knew God didn't want them to eat.

Daniel went to the chief official in charge of all the captives. "May my friends and I eat the kind of food our God has told us to eat?" he asked politely.

The official was afraid of Daniel's idea. "The king ordered you to eat his food and drink his wine," he answered. "If you get pale and sick-looking, the king will get rid of me for not doing my job."

Daniel thought about the problem. He spoke to Melzar, the guard appointed to care for Daniel and his friends. "Will you test us for 10 days?" he asked Melzar. "Please give us only simple food to eat and water instead of wine. You can see how we look after 10 days."

Melzar agreed to the test. For 10 days he gave the boys simple food to eat and water to drink.

When the 10 testing days were up, Daniel and his friends looked healthier than the boys who had been eating the king's food and drinking the king's wine. Melzar decided Daniel and his friends had made a good choice. He let them continue to eat the simple food.

God blessed Daniel and his friends because of their obedience to Him. He helped them learn all the things they studied in King Nebuchadnezzar's school. Three years later when the king tested them, he discovered that Daniel and his three friends had learned more and were wiser than all the other wise men in his kingdom.

Daniel and his friends had chosen good things for their bodies. They had worshipped God by their choices. You can do the same.



Do and Say

SABBATH

Each day this week, read the lesson story together and review the memory verse.

Reject the Shake head no and frown.
wrong
and choose Nod head yes and smile.
the right.

Isaiah 7:15 Palms together, then open.

SUNDAY

Talk about good food choices when you are at the grocery store. Look in your refrigerator or cupboards. Help your child point out



fruit, grains,
nuts, and
vegetables.

MONDAY

Encourage your child to share the “Ask me about good choices” badge they made in Sabbath School with someone while they tell them about Daniel and his choices. Or help them make a badge by drawing a circle, writing the quote in it, and stringing ribbon through a small hole so they can wear it around their neck. Or attach tape or velcro so they can wear it as a badge.

TUESDAY

Look in magazines or books for people choosing good things. Ask: What choices do you have

every day? (To obey/disobey, to be kind/unkind, what to watch on TV, etc.) Do you make good choices? Thank Jesus for choices.



WEDNESDAY

Help your child think about the food they ate yesterday. Help them count how many fruits and vegetables they ate, how many grain products, dairy, etc. Talk about good food choices your family made. Let your child help choose a healthful menu for tomorrow’s dinner.

THURSDAY

Name something for which your child has a choice (food for breakfast, books to read, TV programs, etc.). Let them know that sometimes we have two good choices, but one would be better for us.

FRIDAY

Help your child shop for a special Sabbath meal and help prepare and serve the meal.

Act out the Bible story with your family. Read Daniel 1 together. Ask: What did Daniel and his friends choose to eat? How did they look at the end of 10 days? Did God help them? Is it always easy to make good choices? What should you do if your friend makes a bad choice?