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Healthy Living

King Nebuchadnezzar's army had invaded and conquered Judah. All the young men from the royal family and other important families had been taken to Babylon. Daniel, Hananiah, Azariah, and Mishael were among the young Hebrews.

Nebuchadnezzar's empire was enormous. The king knew that the Hebrew captives had many abilities. So he decided to train some of them for work in his government. They could help rule some parts of his vast empire. But first they had to learn Babylonian ways. They needed to learn the language. They had to learn the way things were done in Babylon.

Daniel and his three friends knew that they were to serve the king. But they decided that God would be first in their lives. They would serve Him first, no matter what happened.

There were many new and interesting things to see in Babylon. Great temples for worshipping idols were everywhere. The young Hebrews saw parks shaded by strange trees and hanging flowering plants. The cities of Babylon were truly beautiful.

After their long journey, everyone looked forward to their first meal in Babylon. They were to eat the best food! It was the same food served at the king's table. Rich roasted meats and sweet wine were on every table.



The sweetest desserts in the whole land were there for all. All of the Hebrews were delighted with the food. All except Daniel and his three friends. They could not

eat it. They knew that this food was not good for them. They also knew that some of the food and wine had been offered to idols.

Daniel and his three friends determined to serve God, no matter what happened. So Daniel asked the officer in charge of all the Hebrews for help. He asked for simple food and water to drink.

Although the king's officer respected Daniel, he refused. He was afraid for his life. King Nebuchadnezzar himself had ordered the meal. If Daniel and his friends didn't eat that food, they might not be as strong as the others. And if that happened, the king might have the officer killed.

But Daniel did not give up. The officer had appointed Melzar, a steward, to watch over Daniel and his friends. Daniel appealed to Melzar. "Test us," he said. "Let us eat simple food and drink only water for 10 days. If we are not as healthy as the others, do with



us as you will."

The steward agreed.

At the end of 10 days the four Hebrews were stronger and

more alert than the other captives. With God's help, they had passed the test. During all three years of their training, they were served simple food and water.

God was pleased with Daniel and his friends. The Bible says God helped them with their studies. He gave them wisdom and understanding. And He gave Daniel the ability to understand dreams.

Daniel served God first. He obeyed God's rules about eating and drinking. And God rewarded Daniel.

Daniel's se

When we put God first, He can use us to show others the great things He can do.



Healthy Living Questions

What did King Nebuchadnezzar's army do?

Daniel and his three friends knew that they were to serve the king, but they decided to do what?

What did Daniel and his friends refuse to do?

Was the outcome of following Godly principles worth it for Daniel and his friends? Explain



Healthy Living Coloring Page



Daniel and his friends would not eat the king's food



Healthy Living Craft

Sheep Puppets



You will Need:

- Construction paper
- Scissors
- Glue
- Crayons
- Hand printout
- Expo marker/pencil

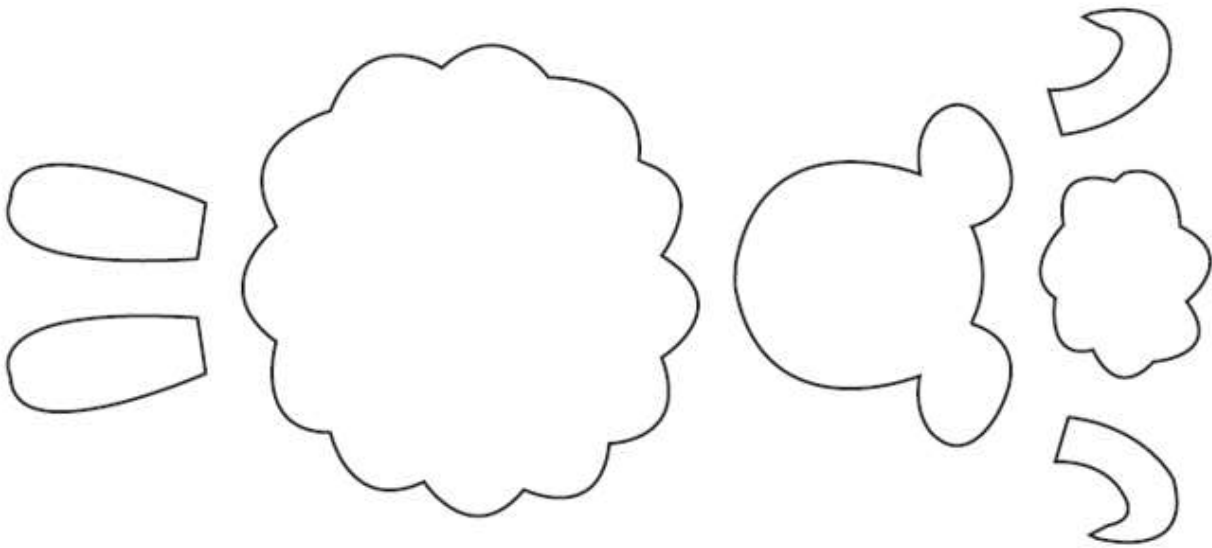
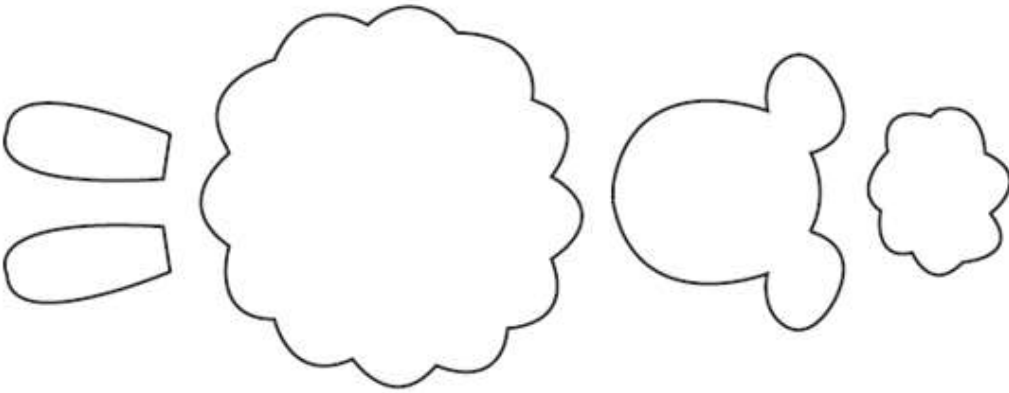
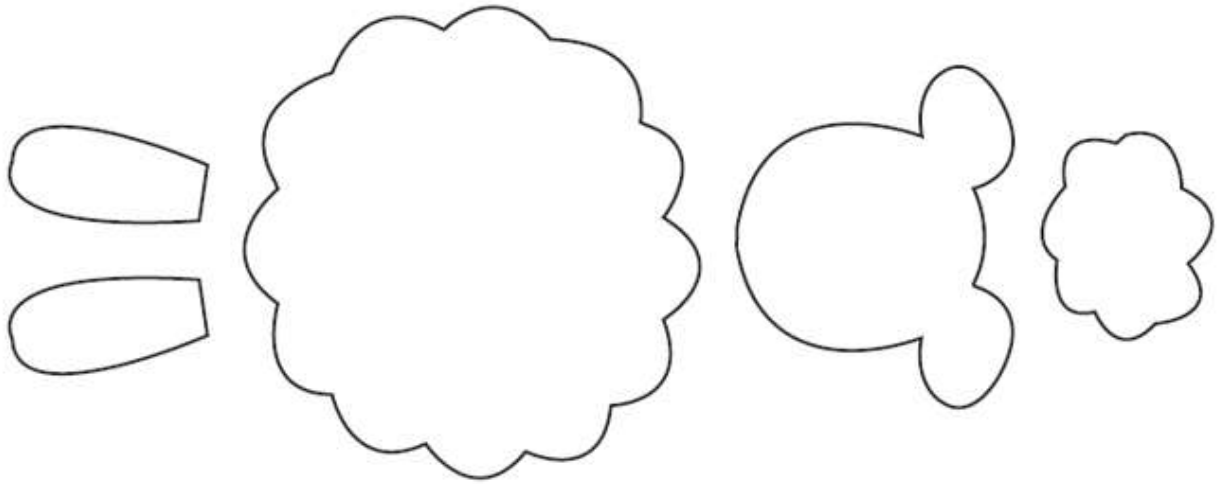
Instructions:

1. Print out the hand template.
2. Use construction paper to cut out the picture!
3. Color the hand template and write in the center “I will not Defile Myself.”
4. Finally, place it in a place where you will be reminded that your body is God’s temple..
5. Enjoy sharing and reflecting on Jesus’s death and resurrection with your family members.

Remember, this story encourages both the celebration of Christ rising from the dead, and him coming back to take us to live with him.

Enjoy!





Healthy Living Puzzle

Jesus is Alive Maze

Early Easter morning, Mary Magdalene visited Jesus' tomb. The stone had been rolled away, and Jesus was not in the tomb. She was very sad because she thought someone had taken Jesus' body.

Then Mary saw a man she thought was the gardener. She was so happy to see the man was Jesus! She ran to tell the disciples Jesus was alive.

Help Mary find her way to Jesus tomb.

