

Week 1 - Daniel 6

- Have the kids tell the story in their own words.
- Why did the King make the new law about not praying?
- Did Daniel just start praying when the trouble came?
- How did having a routine of spending time with God in prayer help Daniel in this time of trouble?
- What do you think is the main point God wants us to learn from this story?

Activity

Sit down as a family and watch a documentary on lions from the discovery channel. Use this time to talk about fear, reliance on God, and prayer.

Week 2 - Daniel 1

- Why is training important?
- What do you think the king in this story had for his food that Daniel didn't want to eat?
- Why did Daniel want to eat only veggies and water?
- Daniel had 3 friends with him. Do you think it would have been harder to stand up and eat right if he was by himself?

Activity

Watch the olympics together. As you watch, talk about how much and what kind of training the athletes have to do. Talk about how as we make choices in our lives how we can influence others by those choices.

Week 3 - 1 Corinthians 9:24-25

- What do these verses say athletes do?
- What's their prize?
- In what ways do we train to be Christ followers?
- What's our prize?
- How can we train to win?

Activity

Have some fun! Go outside and set up some foot races, relay races, or obstacle courses for the whole family to compete in. Invite some neighbors to join you!

Week 4 - Daniel 4

- What gift/ability had Daniel been given by God?
- How did he use that gift for God?
- What has God given you? (Let everyone answer & don't limit it to special talents or abilities. You can use possessions, time, ordinary abilities like walking, etc)
- How can you use what God has given you for Him and His glory?

Activity

Take a family walk and talk about everything that God has blessed your family with and discuss ways you can use those things to bless others and show them the love of God.