

Teachers Dig In

Dig In to the Bible

- Read: Daniel 1
- In This Passage: Daniel and his friends are working in the king's palace while in exile. God gives them wisdom to handle a tough situation when the palace food they're served goes against God's plan for them. God is wise, and he helps us make wise choices.
- Bible Point: God is wise...
- Application: ...so we make wise choices.
- Summary Verse: "For I am about to do something new. See, I have already begun! Do you not see it?" (Isaiah 43:19).

Dig Deeper

- You'll Be Teaching: *God is wise.* As an adult, you might think kids don't face the kinds of tough decisions you do. But you'd be surprised at some of the tough stuff your kids have already faced! Help kids see that because God is wise, he can pour his wisdom into us and help us make wise choices.
- Think About: What difficult choice or situation are you facing right now? Ask God for his wisdom.

Dig In to Prayer

- Pray that God would fill kids with his wisdom.

Quick Tip

- It takes wisdom to teach kids about God! As you prepare this lesson, consider some of the challenges you've faced with kids in your class. Ask God to give you the wisdom to make the right choice when those challenges resurface.

This Lesson at a Glance



OPENING

Preschoolers share about a topic related to the lesson.

Supplies

- Bible



CORE BIBLE DISCOVERY

Preschoolers practice training their minds, bodies, and spirits and talk about making wise choices.

Supplies

- Bible
- veggies for snacking (1 per child)
- small cups of water (1 per child)
- whiteboard or large sheet of paper
- dry-erase marker or regular marker



LIFE APPLICATION WRAP-UP

Preschoolers train their minds, bodies, and spirits and then pray.



OBJECT LESSON

Preschoolers sink marshmallows.

Supplies

- mini marshmallows (handful for each child)
- clear plastic cups (1 per child)
- water
- flour
- wet wipes



HIGH-ENERGY GAME

Preschoolers make choices.



LOW-ENERGY GAME

Preschoolers try to keep a toy figure from dropping to the bottom of a cup.

Supplies

- 12-ounce plastic foam cups (1 for every 3 kids)
- coffee stir sticks (about 10 for every 3 kids)
- toy people, such as Lego Minifigures (1 for every 3 kids)
- upbeat music (optional)
- music player (optional)

Easy Prep

- Poke 10 or more coffee stir sticks through each plastic foam cup, starting about halfway up the cup. Arrange the stir sticks so they form a “web” inside the cup that’ll support a toy person.
- Place a toy person on top of the stir-stick web in each cup.



CRAFT

Preschoolers paint with celery “paintbrushes.”

Supplies

Easy Prep

- white paper (at least 1 sheet per child)
- washable paint in a variety of colors
- disposable plates (at least 1 for each paint color)
- head of celery
- Cut off the end of the head of celery, which can be used as a large flower-shaped stamper. Then cut the individual stalks of celery into 3-inch lengths.
- Pour each color of paint onto a separate disposable plate.
- Make a sample craft to show kids.

**Marked supplies are also used in Core Bible Discovery*

Let's keep kids safe! You can help by using supplies as instructed for only ages 3+, purchasing child-safe items, and being aware of allergy concerns.



Supplies

- Bible

Welcome

- Thank kids for coming.
- Just for fun, have preschoolers give a fist bump to four friends.
- Make announcements.
- Introduce new kids.
- Celebrate birthdays by having preschoolers say “snappy mirthgray” (which rhymes with happy birthday).
- Collect the offering.

Introduce the Lesson

Say: **Today we’ll learn what it means that God is wise. *Wise* means knowing what good choices are and making them, and it means knowing which choices aren’t going to be helpful. God knows the best choices to make, and he knows what’s going to be best and most helpful for us. Today we’ll hear about some boys who chose to eat some food that would make their bodies big and strong. They were wise. Eating vegetables is one thing we can do to help our bodies be big and strong.**

Share

- Share what *your* favorite vegetable is, and then share which vegetable you like the least.
- In leader-led small groups, have preschoolers share about *their* favorite vegetables, and then have them share which vegetables they like the least.
- After small groups have discussed, have adult or teen helpers share with the whole group what they talked about in their small groups.

Summarize

Open a Bible, and say: **We all like different kinds of vegetables. Today we’ll hear how some boys ate plenty of vegetables while some other boys didn’t. The boys who ate the vegetables were much stronger and healthier than the boys who didn’t! Those boys learned to make wise, or good, choices from God because God was their friend. God is wise, and they knew if they did what God says, it would be the best for them. We can make wise or good choices when we’re friends with our wise God, too.**

Pray, thanking God that he’s wise.



Supplies

- Bible
- veggies for snacking (1 per child)
- small cups of water (1 per child)
- whiteboard or large sheet of paper
- dry-erase marker or regular marker

Talk About Training

Say: **This week we're learning that God is wise. That means he makes good choices. God understands which choices are the very best choices, and that's what makes him wise. God can help us make good choices, too. The more we get to know God and see what God says is good, the more we can make wise choices.**

Show the Bible. Say: **Today we'll read about some boys who knew God really well. They made good, or wise, choices because they had learned what God said is best. These boys were brought to a palace to train to work for the king. Training is like practicing to get better at something. There are lots of things we can train for.** Share one thing *you* "trained" for in each of the following areas: physical training, mental training, and spiritual training. For example, you might say you trained your body to get faster for swimming races when you were on a swim team. You might say you trained your mind by practicing letters and sounds when you learned to read. You might say you trained to get to know God better by reading the Bible every day.

Ask: • **What have you seen your parents or other family members train for?** Kids might mention that their mom runs outside every day, their brother had to learn his spelling words for a classroom spelling bee or memorize math facts, or their grandpa is a soccer coach and helps kids train to be better players. It's okay if younger preschoolers give basic answers, such as "My dad plays soccer," or "My brother has homework."

Say: **The Bible tells about a group of boys who trained to work for the king. They needed to be healthy, strong, and smart. They learned a new language, and they learned to read. They also got to eat the king's special food. But there were four boys who didn't want to eat the king's food. Their names were Daniel, Hananiah (Han-uh-NYE-uh), Mishael (MISH-ul), and Azariah (A-za-RYE-ya). They were friends with God, and God told them not to eat the rich food that the king ate. God knew what was best for their bodies, and they knew that God is wise, so they wanted to do what God said.**

Share something *you* do that God says is best. You might share that God says it's best not to lie or cheat. Or you might say that God says it's best to keep your body healthy so you can do things to serve him.

Ask: • **What's something you think God says is best?** Preschoolers might say God says it's best to love others, to help others, to share, or to be honest.

Say: **The four boys led by Daniel asked to eat only vegetables and water because God is wise and that's what God told them to do. They said to the man who was looking after them, "Let us do it for 10 days, and you can decide after that if we're healthier than the boys who are eating the king's rich food." So they ate only vegetables and water for 10 days.** Lead kids to count to 10.

Say: **After 10 days, the four boys who were eating only vegetables were healthier than the others who were eating the king's food. So they were allowed to eat only vegetables from then on. God also made the four boys smarter than the others, and the king noticed how much better the four boys were at everything. The four boys were friends with God, and because God is wise, he helped them make good choices, too.**

Follow a Training Routine

Say: **We learn what God says is best when we get to know God better. And we can train to know and follow God better. Let's do some training like Daniel and his friends did.**

Lead kids through a "training routine" to train their bodies, minds, and spirits. Say: **We can train our bodies to be healthy.** Lead kids in doing a few reps of jumping jacks.

Say: **We can train our bodies to be healthy by eating good foods and drinking water, too.** Give

each child a veggie snack and a small cup of water, and allow a minute or two for kids to eat.

Say: **We can train our brains.** Point to your head. **Our brains are what help us think and learn. We can train our brains by practicing new things we learn so they become easier and easier. Let's train our brains now.**

- Write the following letters on the whiteboard or large sheet of paper one by one: "GOD."
- Lead kids to say each letter and its sound.
- Have them repeat the letters and sounds several times.
- Show them how to write each letter, and have them draw the strokes with their fingers on the floor.
- Help them sound out the word.

Say: **For some of you this all might be new and kind of hard, and for others it's easy. That's because it takes training to learn our letters and sounds, and some of us have had more training. Whether we already knew this word or it was our first time to see the letters, we can always learn by practice!**

Another thing we can train for is knowing God better. But God is our *friend*, so this kind of training is a little bit different. When we pray, or when we come to church, or when our parents read the Bible to us, we can get to know God more. We can do these things every day, like we might do when we train for a sport, but when we do these things every day, we get to know God more and more! Let's end our training by saying a prayer so we can have a chance to talk to our friend God today. Lead kids in a short prayer.

Say: **Great job training, friends! You trained your minds, bodies, and spirits today like Daniel and his three friends did in the Bible.**

Talk About Wise and Unwise Choices

Say: **God is wise, so we want to know him even more! The more we know him, the better we are at making wise, or good, choices. Let's think of some wise and unwise choices—or good and not-so-good choices.**

Lead kids through the following scenarios, inviting them to vote for the wise choice, and ask them to explain how they chose.

- Your ball rolls into the middle of the street. Is the wise or good choice to run into the street, or is it better to tell Mom or Dad and ask one of them for help getting it?
- After you use the potty, is the wise choice to wash your hands, or is it okay to skip it?
- Your friend says something mean to you. Is it wise to say something mean back, or is it okay to tell your friend he's not being nice and walk away?

Say: **We don't always know the wise choice, but God always does. God is wise, and when we get to know him, it helps us be wise, too. When we do what he says is good, we can be sure it's wise because God always knows best.**



Train and Pray

Train With Exercise

Say: **Today we learned that God is wise, and we can learn to make wise or good choices from God, too. We heard how some boys in the Bible trained their bodies after they learned what God said was good for their bodies. We can train our bodies, too. God wants us to be healthy! Let's do an exercise to train our bodies.**

Lead kids in doing a jumping jack, and then lead them in a short prayer, asking God to help them make good choices with their bodies.

Say: **Making good choices with our bodies doesn't just mean exercising. It also means eating healthy foods and doing other things to take care of our bodies, like getting plenty of sleep.**

Train Our Minds

Say: **We can also train our minds so we can use them to think good thoughts and learn lots of good things. In our Bible activity, we practiced spelling "God."**

Lead kids in spelling the word *God* by cuing them to say each letter. Then lead kids in a short prayer: **G-O-D—God—you love us, and you want us to know you more so we can be even better friends. Help us train our minds by learning more and more every day. In Jesus' name, amen.**

Train Spiritually

Say: **We can train our hearts to love God more, too. When we learn more about God and spend time with him, God helps us make good choices that show love to others. One way we train our hearts is by talking to God.**

Lead kids to fold their hands in prayer, and lead them in a short prayer, asking God to help them find time to spend with him.

Say: **God loves it when we look for ways to spend time with him! And the more time we spend with him, the better we get to know God. God can be our best friend when we spend lots of time with him! God is so wise that when we're around him, we learn to make the best choices, too.**

Let kids know that you hope to see them back in church next week, and thank them for coming today.

**Marshmallow Sink**

Supplies

- mini marshmallows (handful for each child)
- clear plastic cups (1 per child)
- water
- flour
- wet wipes

Float a Marshmallow

Give each child a handful of mini marshmallows.

Say: **Marshmallows are yummy to eat *and* fun to float! Let's put marshmallows in cups of water and watch them float.**

- Have adult or teen helpers give each child a cup of water.
- Have kids each place a couple of marshmallows into their cups and watch them float.

Ask: • **What other things float in water?** Direct the conversation toward a swimming pool, and suggest something you've seen float to begin the conversation. You could mention a life preserver, a life jacket, or a pool noodle.

Smash a Marshmallow

Say: **A marshmallow floats because it has air bubbles inside. But let's see what happens when we smash the marshmallows. Will they still float?**

- Have kids put some flour on their fingertips and then use their fingers to smash several marshmallows together and roll them into a tiny ball. (The flour will keep marshmallows from sticking to their fingers.)
- Have kids drop the smashed marshmallows into their cups; they will sink!
- Give kids a choice to float or smash their remaining marshmallows.
- Pour out the water, and throw away the cups and marshmallows. Use wet wipes to clean sticky hands.

Talk About It

Say: **When we smashed the marshmallows, they didn't float anymore. They sank! That's kind of like what happens when we make a wrong choice—wrong choices hurt us the way wrong choices hurt the marshmallows.**

Tell about a time *you* made a wrong choice and it ended badly. Maybe watching too much TV made you late for an appointment, or you ate a lot of candy and got a tummy ache. Say: **When we're wise, we make good choices, like choosing to wear a lifejacket when we go to the pool. We want to make wise choices because wrong choices hurt us. God is wise, and he helps us make wise choices that help us and don't hurt us.**



HIGH-ENERGY GAME

[10 min]

Choosing This or That

Make a Choice and Move to a Side of the Room

Say: **Today's Bible story is about some important choices Daniel had to make. Daniel talked to God about his choices, and God helped him make the best choices. God is wise, and he helped Daniel be wise, too. We all have choices to make every day, so let's play a fun game full of choices!**

- Gather everyone to stand in the middle of the room.
- Call out the following choices, and point to either side of the room for each choice. Kids will move to the designated side of the room for their choice in the motion you call out and then come back to the center.
 - **Would you rather brush your teeth** (point to one side of room) **or take a bath?** (Point to the other side of the room.) **Hop on one leg to the side you choose.**
 - **Would you rather wear shoes outside** (point to one side of room) **or be barefoot?** (Point to the other side of the room.) **Run to the side you choose.**
 - **Would you rather have ice cream** (point to one side of the room) **or pizza for dinner?** (Point to the other side of the room.) **Skip to the side you choose.**
 - **Would you rather watch your favorite movie** (point to one side of the room) **or look at a favorite book?** (Point to the other side of the room.) **Leap like a frog to the side you choose.**
 - **Would you rather play with a stuffed animal** (point to one side of the room) **or play with blocks?** (Point to the other side of the room.) **Bunny-hop to the side you choose.**
 - **Would you rather get a new puppy** (point to one side of the room) **or a new kitten?** (Point to the other side of the room.) **Hop on one leg to the side you choose.**
 - **Would you rather ride on a horse** (point to one side of the room) **or ride on an elephant?** (Point to the other side of the room.) **Run to the side you choose.**
 - **Would you rather learn how to swim** (point to one side of the room) **or learn how to tie your shoes?** (Point to the other side of the room.) **Skip to the side you choose.**

Talk About It

Ask: • **Why was it fun to make your choices in the game?**

Say: **It can be fun to make choices! Today I chose to come to church, and I get to see all of you!**

Ask: • **What's a choice you made today? Maybe you chose what you wanted to eat for breakfast or what you wanted to wear.** Preschoolers may also share other choices, such as what shoes to wear or a toy they chose to play with at church today.

Say: **Some of our choices are fun, and some are very important. No matter what choice we have to make, we can talk to God about it. God is wise, and God can help us make a wise choice—that's the best choice.**



LOW-ENERGY GAME

[10 min]

Don't Let It Drop

Supplies

- 12-ounce plastic foam cups (1 for every 3 kids)
- coffee stir sticks (about 10 for every 3 kids)
- toy people, such as Lego Minifigures (1 for every 3 kids)
- upbeat music (optional)
- music player (optional)

Easy Prep

- Poke 10 or more coffee stir sticks through each plastic foam cup, starting about halfway up the cup. Arrange the stir sticks so they form a “web” inside the cup that’ll support a toy person.
- Place a toy person on top of the stir-stick web in each cup.



Tip

- If you used the Music Video block, consider repeating the songs from today's lesson during the game. You can find the downloadable album [here](#).

Pull Sticks Out of the Cup

Say: **Today in our Bible story, God helped Daniel make wise choices about food. We can talk to God, too, about *any* choice we have to make, and God can help us make the best choice. God is wise. I have a fun game to play where you'll try to make the best choices!**

- Help kids form groups of three, and have trios sit in close circles facing each other.
- Give each trio a cup you prepared earlier.
- Trios will take turns pulling one stir stick at a time from the cup without causing the toy person to fall to the bottom of the cup.
- Have any teen or adult helpers sit near or with the groups of kids to help with the game and reset the game for new rounds.
- If you'd like, play upbeat music while kids play as many rounds as time allows.

Talk About It

Ask: • **Was it hard or easy to choose which straw to pull out?**

Say: **Sometimes our choices aren't easy and we need some help making the best choice.**

Tell about people in *your* life you ask for help when you have a tough choice to make, such as a parent or a wise friend.

Ask: • **Who are people who help *you* make good choices?** Preschoolers may talk about their parents, grandparents, older siblings, or friends.

Say: **Making the best choice is easier when we have help! We have great people in our lives we can talk to about our choices, and we can always talk to God, too. God is wise, so God will help us make wise choices—the *best* choices.**



Supplies

- white paper (at least 1 sheet per child)
- washable paint in a variety of colors
- disposable plates (at least 1 for each paint color)
- head of celery

Easy Prep

- Cut off the end of the head of celery, which can be used as a large flower-shaped stamper. Then cut the individual stalks of celery into 3-inch lengths.
- Pour each color of paint onto a separate disposable plate.
- Make a sample craft to show kids.



Paint With Celery

Say: **God is wise, so we make wise choices.** In our Bible story, Daniel and his friends knew that the wise choice was to eat vegetables and water instead of the king's food. That's because God said the king's food wouldn't be good for their bodies. And because they followed what God said, Daniel and his friends became healthier and smarter than the other boys.

Show preschoolers the sample craft. **Let's make paintings and use vegetables as our paintbrushes to help us remember our Bible story!**

- Give each preschooler a sheet of paper.
- Show children how they can dip the end of a piece of celery in the paint and dab it onto their papers to make "C" shapes. Point out that the shapes look like little smiles—and God's wise choices are always the best ones! Preschoolers can also cover the length of a piece of celery in paint to make lines on their papers.
- Encourage preschoolers to use at least as many colors of paint as years they are old, so a 4-year-old would use at least four colors of paint for his or her craft.
- Have preschoolers make a few paintings if they finish the first one quickly.