

STAND FIRM





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BUT, EVERYONE ELSE IS DOING IT!

1

Start Talking:

Talk about something that a lot of people at school do (good or bad).

Big Idea:

When we choose to follow Jesus' example, we may not always follow the world.

Key Verses:

Daniel 1:12-15

"Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." So he agreed to this and tested them for ten days. At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food.

Start Sharing:

1. Read Daniel 1: 1-16. Talk about the courage that it took for Daniel to go against the King's wishes.

2. Talk about a time when you needed courage to stand up for something you wanted.
3. In the opener, we talked about a lot of things that people do in school. Can you think of someone who does something different than most people? What do they do, and how do people respond? For example, is there one person who always brings olives in their lunch box? Or one person who always reads at recess instead of playing on the equipment?

Parents, the next two questions are not to have kids just get anything they want and get rid of anything they don't want (candy and chores might be popular as answers!). It is an activity in healthy communication and having your child advocate for what they want... and who knows, maybe there is a compromise, or a one-time yes for whatever they are asking for. You might even discover a special way for them to be empowered about speaking up!

4. Daniel wanted water and vegetables instead of the King's food so that he could be healthy and strong. In

our family, what is one thing you want that you aren't getting? Is there a way that you could use healthy words to ask for what you want?

5. In our family, what is one thing that you currently get that you don't want anymore?

Start Doing:

Let's be like Daniel and stand out! Think about one thing that you want to test yourself to see if there is a benefit to a healthier choice. Come up with a challenge for the next 10 days (or longer if it makes more sense). Include two things in the challenge, something you are getting rid of and something you are replacing it with. Have each person set their own goal, or create one goal as a family and keep each other accountable.

Examples could be:

1. Go on a candy fast. Example: Everyone at school has suckers every day. I am not going to eat suckers. Instead, I am going to drink a glass of water every time I could have a sucker.
2. Set more technology limits. Example: Everyone at school is on their technology before school and after school. I am not going to be on it and instead I am going to try to talk to people or read a book.
3. Set an exercise goal. Example: I sit at home for one hour after school every day doing nothing important. Instead of wasting that time, I am going to go for a run every day or shoot baskets during that time.
4. Set a routine goal. Example: I leave my room a mess. Instead of leaving clothes and things out, every day, I am going to tidy up my room and leave no clutter.

Remember: All behavior, whether good or bad, has consequences. Just because a lot of people are doing something doesn't mean it's right or safe. Test your boundaries and try something new to make a positive change!

Start Praying:

Dear God, please help us commit to our challenges. We want to be like Daniel and do something different for the benefit of ourselves or others. Please forgive us when our actions go against your will, and help us do the right things. In Jesus' name, amen.

STANDING OUT

2

Start Talking:

If you did the challenge from week one, how is it going? If you didn't do it, you can always add that to this week!

Big Idea:

Standing out for our faith is worth it.

Key Verses:

Colossians 3:17

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Daniel 6:10

Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.

Start Sharing:

1. Read Daniel 6:6-10. Talk about the courage that

it took for Daniel to still worship God even though he was told not to.

2. Have you ever had a time when people made fun of you for believing in Jesus?
3. Have you ever wanted to do something different because of something you learned in church or from the Bible? Did you do it? Were you nervous? Give an example and explain why it makes you nervous to be different.
4. Have you ever made fun of someone who is different? How did you feel? How do you think they felt?
5. Read Colossians 3:17. What does this verse mean to you?

Start Doing:

This week, set a prayer goal like Daniel had. In Jewish culture, they had set times that they prayed to God and worshiped. Daniel kept those times no matter what. Think of three times in your day that you can commit to praying and worshiping God... and then help each other remember to do it!

These are three times I
will commit to praying and
worshiping God each day:

1 _____

2 _____

3 _____



Start Praying:

Dear God, thank you for
allowing me to pray to you right
now! You are the one we want
to talk to, pray to, and worship.
Help us remember to pray each
of the three times in our day.
Help us to feel in our hearts why
it is important. In Jesus' name,
amen.



MAKE GOD'S VOICE THE LOUDEST

3

Start Talking:

What is one thing that you automatically do when you hear a certain noise? For example, stop talking when I hear the teacher clap.

Big Idea:

We will follow God even if we don't understand everything.

Key Verses:

Daniel 3:4-7

Then the herald loudly proclaimed, "Nations and peoples of every language, this is what you are commanded to do: As soon as you hear the sound of the horn, flute, zither, lyre, harp, pipe and all kinds of music, you must fall down and worship the image of gold that King Nebuchadnezzar has set up. Whoever does not fall down and worship will immediately be thrown into a blazing furnace." Therefore, as soon as they heard the sound of the horn, flute, zither, lyre, harp and all kinds of music, all the nations and peoples of every language fell down and worshiped the image of gold

that King Nebuchadnezzar had set up.

Daniel 3:16-17

Shadrach, Meshach and Abednego replied to him, "King Nebuchadnezzar, we do not need to defend ourselves before you in this matter. If we are thrown into the blazing furnace, the God we serve is able to deliver us from it, and he will deliver us from Your Majesty's hand."

Daniel 3:28

Then Nebuchadnezzar said, "Praise be to the God of Shadrach, Meshach and Abednego, who has sent his angel and rescued his servants! They trusted in him and defied the king's command and were willing to give up their lives rather than serve or worship any god except their own God."

Start Sharing:

1. Read through the whole account of Shadrach, Meshach, and Abednego in Daniel 3.
2. Talk about the courage it took for the three to follow

Jesus even though the consequence to doing so would lead to their death. Do you think you have that kind of courage?

3. What are some things in your life that you feel like God's voice is really quiet and the world's voice is the loudest? How can you make God's voice louder so that you want to follow what he is saying and not the world?

Start Doing:

- Find five things in your house that make different noises (instrument, bell, timer, spoon and a pot, etc.)
- Fill in the blanks below to create a game that fits your family and play the game!

When I hear this sound, I will...

Sound 1: _____ Action 1: _____

Sound 2: _____ Action 2: _____

Sound 3: _____ Action 3: _____

Sound 4: _____ Action 4: _____

Sound 5: _____ Action 5: _____

Now play the Shadrach, Meshach, and Abednego rules. Change the action to be a praise to God. For example, sound 1 still stays the same, but action 1 becomes a praise!

Sound 1: _____ Action 1: **shout I love you, Jesus!**

Sound 2: _____ Action 2: **fold your hands in prayer**

Sound 3: _____ Action 3: **sing a praise song**

Sound 4: _____ Action 4: _____

Sound 5: _____ Action 5: _____

Start Praying:

Dear God, we know you are the only one to worship. Help us to remember to praise you at all times. In Jesus' name, amen.

USING PATIENCE

4

Start Talking:

What is something you are waiting for right now?

Big Idea:

God's plan is never late.

Key Verses:

Daniel 10:18-19

Again the one who looked like a man touched me and gave me strength. "Do not be afraid, you who are highly esteemed," he said. "Peace! Be strong now; be strong." When he spoke to me, I was strengthened and said, "Speak, my lord, since you have given me strength."

Jeremiah 29:11-13

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.

Start Sharing:

1. Have you ever had
something happen to you

that you don't understand?

2. Have kids share anything disastrous that they know that is going on in the world right now. If they can't think of anything, share something kid appropriate.

Biblical Examples of Trusting:

- Joseph trusted God when things were scary in his life and eventually he saved many people from famine and became a hero.
- Esther trusted God through many scary times in her life. As queen, she used her influence with her husband, the king, to stop a law that would have led to the death of all the Jewish people in her country. Esther trusted God through all these scary events and became a hero of her people.
- In Jeremiah 29:11, God promised his people a future filled with hope. In verses 12-13, he reminds us to seek him and makes us a promise to listen. Read these three verses together.

We can trust God to be true to his word. But how do we trust him when we're scared or don't understand what is happening or what the end will be? Sometimes it's as simple as saying the name "Jesus" over and over to yourself. Sometimes it means asking a loved one for a long hug or a cuddle while they read a book to you. Sometimes it means taking a walk where God can remind you of the constant beauty in creation. Spending time with a pet or doing something you enjoy, like playing an instrument, can also remind you God loves you. He knows you and you can trust he wants the best for you.

Start Doing: Trust and Obey Game

Cross out every other letter (start with the first letter) to figure out the names of these Bible people who trusted and obeyed God (even when things didn't make sense to them!)

- | | |
|---------------------|--------------------|
| 1. BPAERTMEWR = | 6. RPEAOUXL = |
| 2. PGZIADVEAOMN = | 7. KMWAIREYO = |
| 3. TAOBORRAGHIARM = | 8. SNAONAIHR = |
| 4. ADIACNDIOEML = | 9. AREUXTMHI = |
| 5. HMSOGSAEMS = | 10. VEOSWTOHAEPR = |

ANSWERS: PETER, GIDEON, ABRAHAM, DANIEL, MOSES,
PAUL, MARY, NOAH, RUTH, ESTHER

Go Deeper:

Open your Bible and read about the trust that the Biblical characters displayed. Some of these characters have stories that cross many books of the Bible, but some have their own book and are easy to find!

Start Praying:

Dear God, thank you for being true to your word and loving me. Thank you for being with me when scary things happen and I don't understand them. Help me to trust you and to do what is right. In Jesus' name, amen.



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