

**From Striving to Thriving...**



**Living in the Spirit.**

**Daniel Fast  
SUNDAY 10<sup>th</sup> January 2021**

Name: \_\_\_\_\_



Dear Parents/Guardian's

This is you Daniel Fast Sunday Session.

During these Sunday sessions we are encouraging the children to come together in any way that they can, whether it is as a family or via the Zoom calls on Sunday morning.

During the Zoom sessions we will talk about what they have gotten out of the week's session.

If you are gathering as a family, please encourage your children to share what they have experienced this week.

The Sunday sessions will have a take-away sum up of the teachings from the week. And an activity.

Thank you

-The Children's Team

## READINGS:

### Galatians 1:1-24

At the start of Galatians we hear from Paul as he writes to one of the churches that he started in Galatia. We learn that this church has slipped back into their old ways, and have been listening to false speakers. Paul is telling them not to make themselves impure again.

### Daniel 1: 1-21

In these verses we saw Daniel being taken by the king of Babylon to be part of the best of the best.

We see that he refused the kings food and asked him to be tested. He was given fruit and veg to eat and water to drink. Because Daniel did not lower himself to the rich food and stayed true to God. God made him and his friends who also had the food, the best of the best.

#### Take Away

Do not lower yourself.

In both scriptures we see the message of staying away from things that are not of God.

First we hear about staying away from people that speak false scripture or things that go against God. And then that we should not indulge in things that are not of God.

Is there anyone that you have allowed to talk you away from God. Or have you found that you slip away from God.

IS there anything that you do that you know are not of God.

Speak to God and ask Him to help you turn away from these things and people. And stay strong in your walk with God.

Draw all the food that is healthy for you.

Then draw a meal that if you ate it everyday, you know would not be good for you.

Now draw a meal containing both the healthy food and the food you want to eat but shouldn't eat everyday. This is God's meal for you