

From Striving to Thriving...



Living in the Spirit.

Daniel Fast Week 1
Mon 4th January- Sat 9th January 2021

Name: _____



Dear Parents/Guardian's

For this year's Daniel Fast the church, along with Burlington, will be following three parts of scripture from the bible.

In our morning sessions we will look through the first three chapters of Galatians together. And in our evening sessions we will discover Daniel's story. As the children will be at school we have chosen to opt out of putting the Psalm reading in the booklets, however please do not hesitate to share this scripture with them if you have chosen to make it part of your evening devotion.

We will be releasing weekly devotion booklets for the children that combines the morning and evening sections of the bible that we will be studying together during this year's Daniel Fast.

In this workbook your child will find the scriptures for the day, a take-away message for them to think about, and a direction of prayer or conversation between them and God.

They will also find a brief activity.

On Sunday we will come together via Zoom to discuss the previous weeks scriptures and what your children have been getting out of the fast so far. As always, there will also be a Sunday Worksheet and a teaching video for your children enjoy and learn from.

-The Children's Team

Please be encouraged to join together with your children and young people for the daily readings.

Introduction to the Daniel Fast:

Hey everyone.

The theme this year is surviving to thriving...Living in the Spirit.

The reason for this is that for some of us 2020 could have at times felt like we were just getting by or just going through the motions of life. This can also sometimes be how our walk with God can feel. At the beginning of 2021 we want to take this time to not just be striving in our relationship with God but thriving in it.

As we begin the fast think about what it is you want to get out of it. Do you want to know more about God, the bible, or maybe grow in your times of prayer. Make sure to have a goal or reason for doing the fast in your mind. Maybe write it down and place it somewhere you will see it each morning and evening.

This year we are having a morning and evening reading. These readings are the same as your parents so why not take the time to read them together.

What to fast?

One of the most common questions we can have at the beginning of a fast is "what should I fast?".

The answer to this is basically you can fast anything that you believe will be a challenge to give up for a period of time. You can join with your parents in giving up meat, processed food, and other items; or maybe fast gaming, TV, or social media.

The reason for fasting is not about what we are fasting or how well we can fast, but it's about focusing our attention on God and our relationship with Him more than we usually do. Giving him the first tithe of the year.

By giving up something important to us for a period it causes a greater reliance on God and helps block out distractions that may normally get in the way of us hearing from Him.

Each week a new booklet will be made available to you. Have a great time over the next 3 weeks growing in your relationship with God.

Monday 04th January

Morning Reading:

Galatians 1:1-5

'Paul, an apostle- sent not from men or by a man, but by Jesus Christ and God the Father, who raised him from the dead- and all the brothers and sisters with me,

To the churches in Galatia;

Grace and pace to you from God our Father and the Lord Jesus Christ, who gave Himself for our sins to rescue us from the present evil age, according to the will of our God and Father, to whom be glory for ever and ever. Amen.'

Evening Reading:

Daniel 1: 1-7

'In the third year of the reign of Jehoiakim king of Judah, Nebuchadnezzar king of Babylon came to Jerusalem and besieged it. And the Lord delivered Jehoiakim king of Judah into his hand, along with some of the articles from the temple of God, These he carried off to the temple of his god in Babylonia and put in the treasure house of his god.

Then the king ordered Ashpenaz, chief of his court officials, to bring into the king's service some of the Israelites from the royal family and the nobility- young men without any physical defect, handsome, showing aptitude for every kind of learning, well informed, quick to understand, and qualified to serve in the king's palace.

He was to teach them the language and literature of the Babylonians. The king assigned them a daily amount of food and wine from the king's table. They were to be trained for three years, and after that they were to enter the king's service.

Among those who were chosen were some from Judah; Daniel, Hananiah, Mishael, and Azariah. The chief officer gave them new names; to Daniel, the name Beltshazzar; to Hananiah, Shadrach; to Mishael, Meshach; and to Azariah, Abednego.'

Take-Away...

In both Galatians and Daniel we are introduced to men of God. Both have been given a plan by God. We will later discover what these individual plans were, but both had the same theme; save the lost!

In the start of Galatians we are told of Jesus and his resurrection story. That God sent His son to be a sacrifice for all our sins. And that through this act of pure love, we were rescued from sin, by His grace.

In the start of Daniel we are introduced to him and his friends. They met the requirements for the king. But we will later discover that they meet the characteristics God desires for His sons and daughters.

This is the foundation of our authority and identity. We are now part of God's family. He has called us for our own personal plans. And He calls us to live these plans in the identity He has called us into.

Do you know and recognize who God has called you to be? And what He has asked you to do?

Spend some time asking God to show you who He is making you to be. Ask Him to show you how He is shaping and changing you?

What areas in your life do you need to give to God that are stopping you from being the person God wants you to be.

On a spare sheet of paper draw a line down the middle. Draw yourself and things you do. Write down what makes up your character.

On the other side draw a Christian. Write down the ways God would want His son or Daughter to act.

Do the two drawings match. Is there anything that you would change about yourself that does not match God's son or daughter. Ask God how you can change this.

On another piece of paper write down God's personal plan for you. God called Paul to the Gentiles, and Daniel to help a wayward king. Who has God called you to help?

Tuesday 05th January

Morning Reading:

Galatians 1: 6-9

'I am astonished that you are so quickly deserting the one who called you to live in the grace of Christ and are turning to a different gospel- which is really no gospel at all.

Evidently some people are throwing you into confusion and are trying to pervert the gospel of Christ. But even if we or an angel from Heaven should preach a gospel other than the one we preached to you, let them be under God's curse!

As we have already said, so now I say again; If anybody is preaching to you a gospel other than what you accepted, let them be under God's curse!'

Evening Reading:

Daniel 1: 8-16

'But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. Now God had caused the official to show favor and compassion to Daniel, but the official told Daniel, "I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? The king would then have my head because of you."

Daniel then said to the guard whom the chief official had appointed over David, Hananiah, Mishael, and Azariah. "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. So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.'

Take-Away...

Sometimes we come across things that cause us to question everything.

In Galatians we learn that the church are being confused by a different gospel, that is going against God's word.

In Daniel we also see that there is confusion over another god and God. Daniel and his friends are being given the best food and drink, but even though this sounds like the best plan, Daniel knew it wasn't right. Daniel knew that this was not God's will.

When we are faced with another gospel, or something that looks so right we must learn to hear from God what is truly from Him, and what is confusion.

Especially when it is sent to tempt us away from God and the way He wishes His children to live.

Think about some of the things you hear. Is there anything that has confused you about how you are living and how someone else tells you that you should be living.

Do you read something in the bible and think there is another option? Or hear a preach or teaching from Sunday school and think there is another way?

Speak to God about how you have been living and ask if this way lines up with the way He has said He wants His children to live?

Write down some of the things you believe. Then speak to God about them, try to see if they are in the pages and teachings in the bible?

Then ask God to help guide you during these times of confusion. Ask Him the ways you can tune into the Holy Spirit so that you will instantly know what is God and what is another god.

Wednesday 06th January

Morning Reading:

Galatians 1: 10

'Am I now trying to win the approval of human beings, or of God? Or am I trying to please people?

If I were still trying to please people, I would not be a servant of Christ.'

Evening Reading:

Daniel 1: 17

'To these four young men God gave knowledge and understanding of all kinds of literature and learning. And Daniel could understand visions and dreams of all kinds.'

Take-Away...

Within our world there are so many pressures to act a certain way to gain friendships, or other people approval.

As children of God we need to remember that it is only God we want to please. We do not have to please Him, because He loves us unconditionally, but we want to please Him, because He loves us unconditionally. So much that He gave His son for us.

Daniel and his friends were given great talent and abilities by God, because of their obedience and loyalty to Him. They learnt and grew in these abilities because God gave them it. And they wanted to show the world God's power.

Where do you find your approval? (From friends, achievements, parents?)

Are you serving God because you know you are loved by Him, or are you serving Him to be loved by Him?

Speak to God about His love for you. Ask Him to show you His love for you.

If you are seeking approval elsewhere, talk to God about how you feel when they don't give you that approval. Ask Him to replace this feeling with His love next time you feel it.

Write down all the ways that you seek approval. And a list of people that you find yourself trying to gain their love and acceptance.

Then write down next to each name the ways you want to make them happy, or love you.

Then paint the paper or cover over it with another sheet and write down all the ways that God loves you. And the things God does to show you He loves you without you doing anything.

Thursday 07th January

Morning Reading:

Galatians 1: 11-12

'I want you to know, brothers and sisters, that the gospel I preached is not of human origin. I did not receive it from any man, nor was I taught it; rather, I received it by revelation from Jesus Christ.'

Evening Reading:

Daniel 1: 18-20

'The end of the three years came. And Ashpenaz brought all of the young men to king Nebuchadnezzar. The king talked to them. He found that none of the young men were as good as Daniel, Hananiah, Mishael, and Azariah.

So those four young men became the king's servants.

Every time the king asked them about something important, they showed much wisdom and understanding. He found they were ten times better than all the fortune-tellers and magicians in his kingdom.'

Take-Away...

In both Galatians and Daniel we can see God's power.

First we are introduced to the notion of God the author. It was not man who wrote the bible, but God. It is His word that He wanted to share with the world. He shares His thoughts and teachings with us by revelation.

In Daniel we are then introduced to the concept of God changing us in miraculous ways. We see that God had made Daniel and his friends stand out due to strength, knowledge, and wisdom. This was first achieved by following a restricted diet that should not have put them above the rest of the men.

God's power on their lives drew the attention of the King. Showing God's power again and again.

Do you know who God is?
And what God your Father
can truly do?

Is there a time in your life
where God has given you
revelation, like he did in
Galatians?

Or a time where He has
given you miraculous ability,
or wisdom, or set you out
from the crowd?

Speak to God about the
times where He has given
you power, and when He
wants you to show His
power to the world.

Draw God.

Then write down all the things that you know about God.

Speak to Him as you write. You can write a story, poem, comic, essay about God, your Father.

Then write a story, poem, comic, about a time where God used His power in your life. When He gave you a miracle, healed you, used you to heal or speak to someone about Him.

If you struggle to think about who God is, research him. Ask your parents or google it. Maybe read the first few chapters in Genesis. Look at John 3:16.

Friday 08th January

Morning Reading:

Galatians 1: 13-17

'You have heard about my past life. I belonged to the Jewish religion. I hurt the church of God very much and tried to destroy it. I was becoming a leader in the Jewish religion. I did better than most other Jews of my age. I tried harder than anyone else to follow the old rules.

These rules were the customs handed down by our ancestors.

But God had special plans for me before I was born. So He called me through His grace that I might tell the Good News about His Son to the non-Jewish people. So God showed me about His Son. When God called me, I did not get advice or help from any man. I did not go to Jerusalem to see those who were apostles before I was. But, without waiting, I went away to Arabia and later went back to Damascus.

Evening Reading:

Daniel 1:21

'Daniel continued to be the king's servant until the first year Cyrus was king.'

Take-Away...

During his time as a Jew, Paul tells us that he worshipped the way he thought was right. He was unrelenting in his beliefs, to the point where he was persecuting Christians because of it. However, when God called him and showed him the truth, Paul immediately left his old life and started to live for God relentlessly.

He did not stop and ask advice from anyone other than God. God was who He served, wherever he went and whoever He was with.

We see that Daniel also followed God wherever he went, and whoever he was servant to. IT was always God that he served, first and most importantly.

As children, young people, and adults we have a lot of people that we must answer to. Mostly our parents, yes even your parents must answer to their parents or spouses.

With all these people telling us things and giving us advice, and wanting us to serve them; we must always remember that God is who we serve first.

This is not a get out of jail free card, you still must show respect to those in authority and your parents.

However, unless they go against God's beliefs. We serve Him first.

**Write out a list of your house rules, or school rules.
What things your parents and teachers tell you to do.**

Then write down a list of God's rules. If you get stuck do not be afraid to ask Him.

Do these rules match? Is there anything you are asked to do at home or school that you know God would not want you to do. If so, speak to your parents about it. Ask them why they have this rule in place and then discuss why it conflicts with God's rules for you. (They may not change these rules, but you have at least voiced your opinions and belief in what God wants you to do.)

Saturday 09th January

Galatians 1: 18-24 (ICB)

'After Three Years I went to Jerusalem to meet Peter and stayed with him for 15 days. I met no other apostles, except James, the brother of the Lord,

God knows that these things I write are not lies. Later, I went to the areas of Syria and Cilicia.

In Judea the churches in Christ had never met me. They had only heard this about me; "This man was trying to hurt us. But now he is preaching the same faith that he once tried to destroy."

And these believers praised God because of me.'

Take-Away...

After a few years of Paul's time with God he goes and meets with Peter. He spends time with him and James, before he goes to take God's news to Syria and Cilicia.

We see that during this the time Paul has been away his reputation has changed.

It is not the things that he has said to these people that have changed their minds about him, but his actions.

They saw that God had changed him completely.

Speak to God about how you used to be, before you gave your life to God.

Thank Him that He saved you. And thank Him that He changed you.

Thank Him that He has chosen to use you to show people His power.

This week we have explored:
who God is,
who we are as children of God,
who we serve and why,
and who we have become because of God.

Use a piece of paper to draw the old you, write all the things you felt about yourself and those around you. Write how you felt towards God.

Then fold the paper in half, draw the new you. The person God has changed you into. Write about how you feel about yourself now, how you feel about others, and how you feel about God.

If you have not given your life to God, or want to give your life to God again because you have slipped into your old lifestyle speak to a parent or adult that you trust. Ask them to pray with you. Once you have repented and spoken to God about the new life He has for you, draw the new you. It does not take years to change, only one prayer of repentance and revelation from God.