

From Striving to Thriving...



Living in the Spirit.

Daniel Fast Week 2
Mon 11th January - Sat 16th 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 doing school work, 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 11th January

Morning Reading:

Galatians 2: 1-3

'After 14 years, I went to Jerusalem again, this time with Barnabas. I also took Titus with me. I went because God showed me that I should go. I met with those men who were leaders of the believers.

When we were alone, I told them the Good News that I preach to the non-Jewish people. I did not want my past work and the work I am now doing to be wasted.

Titus was with me. But Titus was not forced to be circumcised, even though he was a Greek.'

Evening Reading:

Daniel 2: 1-17

'During Nebuchadnezzar's second year as king, he had some dreams. Those dreams bothered him, and he could not sleep. So the King called for his fortune-tellers, magicians, wizards, and wise men. The king wanted those men to tell him what he had dreamed. So they came in and stood in front of the king.

Then the king said, 'I had a dream that bothers me. I want to know what the dream means.' The wise men answered the king in Aramaic. Saying, "Our king, live forever! We are your servants; tell us your dream and we will tell you what it means."

The king said, "No! You must tell me the dream, then you must tell me what it means. If you don't do this I will have you torn apart. I will turn your houses into piles of stones. But if you tell me my dream and the meaning I will reward you. I will give you gift and honor.

The wise men asked the king to tell them his dream so they could tell him what it means. The king replied that they would be punished if they could not tell him the dream and the meaning of the dream. The wise men told him that only the gods could do this. But the gods do not live among men.

The king became angry. He gave the order that all the wise men of Babylon were to be put to death.

Arioch, the commander of the king's guard was about to fulfill the order when Daniel asked him why the king had given such a terrible punishment. Arioch explained everything to Daniel.

Daniel then went to the king and asked for some time and that he would tell the king his dream and what it meant. Then Daniel went to his house and explained the story to his friends.'

Take-Away...

In our walk with God we may find that people try to enforce their own rules and laws and expect us to act in a way that they believe is right. Just like the Jews in Galatians.

We may find these things are outdated and are rituals that do not follow God's love and instead teach about doing things out of duty, and trying to buy God's approval and love.

Some of these requests cause us hurt or harm, such as serving in everyway in church because you 'should' serve instead of serving where God wants you to serve. This can harm your walk with God because you are not listening to Him, or harm those you are serving because you're struggling in your walk with God and can't give them the right time or effort or passion that is needed. Or you have other priorities and adding to them affects your energy and mental health.

Other times these expectations will be like the king from Daniel, impossible to fulfill unless you are the person God has chosen to fulfill this task.

God will use you for certain tasks and the right time. Do not try to be exactly like other people and do the things they are doing. We all have an individual journey with God. He does not compare us, and He does not want us to mimic each other or compare ourselves.

Is there anything that you do that feels like a religious ritual or law, and not because you want to do it or God tells you to do it?

Is there anything that you feel forced into doing and it is affecting your happiness or mental health?

Talk to God about these things and ask if you are doing them out of duty or love for him. Ask Him if He wants you to do it.

Is there anyone that you compare yourself with? Do you give yourself impossible standards to live up to. Ask God who He wants you to be.

Activity:

On a separate piece of paper split the paper into three sections. In the first section write down all the things that you do for God. (read the bible, pray, serve in church.)

In the second write how it makes you feel.

In a third write why you do it.

If any other the second or third options are negative feelings or reasons other than God asks you to, pray about it and speak to your parents about how you feel about the task. If you are doing it to please others, you may find yourself and God getting lost within it

Tuesday 12th January

Morning Reading:

Galatians 2:4-6

'We talked about this problem because some false brothers had come into our group secretly. They came in like spies to find out about the freedom we have in Christ Jesus.

They wanted to make us slaves. But we did not agree with anything those false brothers wanted! We wanted the truth of the Good News to continue for you.

Those men who seemed to be important did not change the Good News that I preach. (It doesn't matter to me if they were "important" or not. To God all men are the same.)'

Evening Reading:

Daniel 2:18-19

'Daniel asked his friends to pray to the God of Heaven.

Daniel asked them to pray that God would show them mercy and help them understand this secret. Then Daniel and his friends would not be put to death with the other wise men of Babylon.

During the night God explained the secret to Daniel in a vision. Then Daniel praised the God of Heaven.'

Take-Away...

In the scriptures we see Paul talk about men who seemed important try to take away the believers freedom in Christ. We also see Daniel do the impossible task that the men who seemed 'more important' than Daniel could not do. This was because God helped Daniel, and so Daniel praised God.

In our society we have leaders, teachers, celebrities, managers, different people who were are told have more importance than us. Especially when we are growing up, it seems the younger you are, the less important you can feel.

Daniel was young and God used him in incredible ways that saved thousands of people. Daniel influenced the kings decisions because God spoke to him. Paul took young men on mission trips, and God used them.

No one is more or less important than you, or me. God makes us all equal and He chooses to use us all, if we listen and obey.

Is there anyone in your life that you feel less important than?

Do you at times believe that you do not matter and other people matter more than you?

Do you sometimes think that certain people matter less than you?

Talk to God about yourself, and the people you feel more important than. Ask Him how He sees us all?

Ask Him how He sees you and why He wants you in His family?

Take a piece of paper and draw a line down the middle:

Draw your favourite celebrity, superhero, tv character, politician, someone you think is very very important. Write down their qualities; how they act, what makes them special, why you like them.

Then on the other side draw yourself. Write down your qualities; how you act, what makes you special, why you like you. See how similar you are.

If you struggle to see your good qualities and what makes you special, or why you like you. Speak to an adult and talk to them about it. Together ask God to help you see how incredible you are.

Wednesday 13th January Morning Reading:

Galatians 2:7-10

'But these leaders saw that God had given me special work, just as He had to Peter. God gave Peter the work of telling the Good News to the non-Jewish people. God gave Peter the power to work as an apostle for the Jewish people. But He also gave me the power to work as an apostle for those who were not Jews.

James, Peter, and John, who seemed to be the leaders, said, "Paul and Barnabas, we agree that you should go to the people who are not Jews. We will go to the Jews." They asked us to do only one thing- to remember to help the poor. And this was something that I really wanted to do.'

Evening Reading: Daniel 2:20-23

'Daniel said:

**"Praise God forever and ever.
He has wisdom and power.
He changes the times and seasons of the year.
He takes away the power of kings.
And He gives their power to new kings.
He gives wisdom to people so they become wise.
And He helps people learn and know things.**

**He makes known secrets that are deep and hidden.
He knows what is hidden in darkness,
and the light lives with Him.
I thank you and praise you, God of my ancestors.
You have given me wisdom and power.
You told me what we asked of you.
You told us about the king's dream.'"**

Take-Away...

We have heard that we are important to God and that we ALL have a special task from him.

In the scriptures today we see in Galatians that God gives us power to help us do the task or works that He wants us to do.

We see in Daniel that he is praising God for giving him the secret of the kings dream. God gave Daniel the task of warning the king about the future, and then the power to make that happen, and not only know the kings dream, but to interpret the meaning.

When God wants us to do something, like talk to our friends about him. Or help comfort someone He will give us the words to say, and the power and help and courage to say them.

He helps us, so we should praise Him.

What does God want you to do?

Is there a time that you have really needed Gods help, or are you doing something that you need Gods help with?

Speak to God about the task that you need help with. Ask Him if it is the task He has given to you. And ask Him how you can fulfil this task.

Write down things that God wants you to do.

Write a list of things that He has told you to do specifically.

Then write a list of things that you know you should do because He has told you in the bible.
(such as help the poor, seek and serve the lost, and preach the Good News)

Beside the list write down how you can do this. Ask God for guidance.

Thursday 14th January

Morning Reading:

Galatians 2: 11-14

'When Peter came to Antioch, I was against him because he was wrong. This is what happened:

When Peter first came to Antioch, he ate with the non-Jewish people. But then some Jewish men were sent from James. When they arrived, Peter stopped eating with the non-Jewish people and separated himself from them.

He was afraid of the Jews who believed that all non-Jewish people must be circumcised. So Peter was a hypocrite. The other Jewish believers joined with him and were hypocrites, too. Even Barnabas was influenced by what these Jewish believers did. I saw what they did.

The were not following the truth of the Good News. So I spoke to Peter in front of them all. I said: "Peter, you are a Jew, but you are not living like a Jew. You are living like the non-Jewish people. So why now do you try to force the non-Jewish people to live like Jews?'

Evening Reading:

Daniel 2: 24-45

'Then Daniel went to Arioch. He asked him to not kill the wisemen, and to take him to the king so he could tell him the dream and it's meaning. When they got to the king he asked Daniel if he was really able to tell him his dream and the meaning. Daniel told him that no man could do what the king was asking. But God in Heaven could explain secrets.

Daniel then explained the dream and what it mean, as God had shown him before. God had shown the king what would happen at a later time. God had told the king these secrets to come. And that God showed Daniel, not because he had greater wisdom, but because he listened to God. Daniel then explained the dream.

The king had seen a large statue in front of hm. The head was made of gold, the chest and arms were made of silver, and the middle and upper part of it's legs were made of bronze, and the lower part of it's legs were made of iron. The feet were part iron, and part baked clay. Whilst the king was looking at the statue a rock broke free but no human touched it. The rock hit the statue and broke it. All the pieces broke at the same time, the wind blew them away and nothing was left. Then the rock became a huge mountain and filled the whole world.

God told Daniel that this meant. He told the king that God has given him power over all things. He was the Gold in the statue. But different kingdoms would come after the king had died, the silver, bronze, and iron. The clay and iron feet would be a divided kingdom coming after these other kingdoms. God is setting up His Kingdom to destroy these other kingdoms. His kingdom will remain forever and ever.

Daniel told the king God told him these secrets. And they will come true.'

Take-Away...

Whilst we try to serve God in the way He asks us, and try to live together in community, we can find that we slip into people pleasing.

In Galatians we see that Peter slipped into pleasing the Jewish people by not sitting with the non-Jewish people, as this was the law at that time.

This people pleasing led to others also separating themselves from the non-Jewish people, which goes against the message of love and treating everyone the same, that the believers were preaching.

In Daniel we also see in the dream that separation eventually would lead to divided kingdoms, that would eventually be destroyed by God's Kingdom

Is there someone that you find you do things that make you feel uncomfortable to please them?

Do you go along with their plans even when you know it is wrong or you don't feel right about it? But you don't want to lose them as a friend?

Talk to God about this person and ask if they are the kind of people that are a good influence in your life. And if He would want you to be friends with them.

Draw your friends.

Write down a list of characteristics they have.

Write down or draw some of the things you do together.

Would you show the pictures to your parents, is there a characteristic or a activity that you do together that you know your parents would not be happy about?

Talk to another adult about this if you have find that there are things your friends do that you don't like but don't know what to do about it.

Remember, we are here for God and not to please each other.

Friday 15th January

Morning Reading:

Galatians 2:15-16

'We were not born as non-Jewish 'sinners', but we were born as Jews. Yet we know that a person is not made right with God by following the law. No! It is trusting in Jesus Christ that makes a person right with God.

So we, too, have put our faith in Christ Jesus, that we might be made right with God. And we are right with God because we trusted in Christ- not because we followed the law. For no one can be made right with God by following the law.'

Evening Reading:

Daniel 2:44

'During the times of those kings, the God of Heaven will set up another Kingdom. It will never be destroyed. And it will not be given to another group of people.

This kingdom will crush all the other kingdoms. It will bring them to an end. But that kingdom itself will continue forever.'

Take-Away...

In both Galatians and Daniel we see the importance of the Kingdom of Heaven.

In Galatians Paul talks about being made right by God. This is when we are adopted into His family; when we give our lives to Him and become believers.

The Kingdom that Daniel speaks about is God's Kingdom, one that will never be destroyed. This is where we will all be because we have asked God into our lives and follow him.

We want our family and friends to join us in this everlasting kingdom, but this can only happen when they too give their lives to God and become believers.

Do you know that you are part of God's Kingdom? Have you given your life to God?

Is there someone in your life that you know will not be part of the kingdom of Heaven, God's kingdom, if they died today?

Pray for them.

If you can't think of a person then ask God for a name of someone that He wants you to pray for.

Draw God's Kingdom.

Draw yourself and all the people you can think of in God's Kingdom.

Think of everyone that you know need to become Christians, write their name on a list of paper and pray for them everyday. Whne they give their life to God add them to your drawing.

A friend of mine spent 35 years praying for her father to become a Christian, she prayed everyday and the day before he died he gave his life to God.

Just because it is not happening in our timeline or as soon as we think, it does not mean that they will not become Christians or that our prayer is not working. **IT WILL HAPPEN IN GOD'S TIME.**

Saturday 16th January

Galatians 2: 17-21 (ICB)

'We Jews came to Christ to be made right with God. So it is clear that we were sinners too. Does this mean that Christ makes us sinners? No! but I would really be wrong to begin teaching again those things of the Law or Moses that I gave up. I stopped living for the law. It was the law that put me to death. I died to the law so that I can now live for God.

I was put to death on the cross with Christ. I do not live anymore- it is Christ living in me. I still live in my body. This gift is from God, and it is very important to me. If the law could make us right with God, then Christ did not have to die.'

Take-Away...

Jesus is the only way to change our lives.

When we were born we were born into sin because of the fall of Adam and Eve, and we did things that hurt God or made Him sad.

But God wanted us to be sinless and forgiven and part of His family. So He sent Jesus to die so that our sins would be forgiven.

Because it is by God that we are forgiven, then it is only God that we live for and not religious laws or other people.

Speak to God about all the things that you have done because of law, or because of religious ritual.

Thank God for the forgiveness that He has given to you. And that it is Him you live for.

This week we have looked at serving:

Do we serve God or people?

Why do we serve?

What Has God done for us that has allowed us to serve?

Write a thank you letter to God.

Thank Him for the things He has done for you and all the way that you
are able to serve Him.

Thank Him for all the people that He used you to reach.