

From Striving to Thriving...



Living in the Spirit.

Daniel Fast Week 3
Mon 18th January - Sat 23rd 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 18th January

Morning Reading:

Galatians 3:1-5

'You people in Galatia were told very clearly about the death of Jesus Christ on the cross. But you were very foolish. You let someone trick you.

Tell me this one thing: How did you receive the Holy Spirit? Did you receive the Spirit by following the law? No! You received the Spirit because you heard the Good News and believed it. You began your life in Christ by the Spirit.

Now do you try to continue it by your own power? That is foolish. You have experienced many things. Were all those experiences wasted? I hope not!

Does God give you the Spirit because you follow the law? No! God give you His Spirit and works miracles among you because you heard the Good News and believed it.'

Evening Reading:

Daniel 3

'Daniel and the burning Furnace:

During his reign, King Nebuchadnezzar made a 90ft tall statue and held a special service for all his advisors, rulers, and officers to come and see the statue. At the service the king made an announcement that everyone should bow down and worship the statue when they hear the horn and other musical instruments sound. Anyone who was found not worshipping the statue would be thrown in a fiery furnace.

Because Daniel and his friends worshipped God and would not worship anyone else's gods, including the kings. They also would not worship the king's statue. When the king found out the Shadrach, Meshach, and Abednego were not worshipping his statue he was very angry.

The king called them and asked why they would not worship his statue when they knew they would be thrown into the furnace. The three replied saying that the God they worship is able to save them from the furnace. And that even if God did not save them, they wanted the king to know that they would not worship another god, or the king's statue.

So the three were tied up and thrown into the furnace. The furnace was so hot that the soldiers who had thrown them there were killed by the flames. But, when the king looked into the furnace he saw four men walking around in the flames.

The king called them out. Saying; "Servants of the Most High God, come here!" He saw God's power and believed. He then proclaimed that no one should speak out against God because no one or any other god could save their people like God can.

The king then promoted Shadrach, Meshach, and Abednego in the area of Babylon.'

Take-Away...

God has great power, he shows his power throughout our lives, in provision and miracles, healings and many other ways. He has also shown his great power on the cross and during the resurrection.

In Galatians we are told that the believers in Galatia have forgotten God's power and are doing things by their own strength. They saw God's power and have thought they were better than Him.

However, in Daniel we see that God shows his great power by joining and saving Daniels friends when they were in the furnace. He did not save the guards from the fire, because the king would not have believed how hot the fire really was, and how impossible the miracle was. He would not have seen God's power.

When God shows us His power He is doing it to help us believe in Him. Or He shows us His power because He wants to help us. As humans we have doubts and faults and sometimes slip back to believing in our own power above God, like the Galatians. But God wants us to rely on His power so He does what is needed to help us.

It is our job as believers to allow God to use us to show His power, like Daniels friends.

Is there an area in your life where you need more to see God's power?

Ask God to help you in this area. Talk to Him about the things that He has done in your life already.

Is there an area where God wants to use you to show His power?

Talk to God about the way He has used you in the past. Ask Him what gift He has given you that He wants you to use to show His power.

Activity:

On a separate sheet draw what you think Nebuchadnezzar saw when he looked in the furnace.

Draw a time where God showed His power in your life, or a time He used you to show His power; heal someone, or provide comfort or something to someone.

Write down all the times that God used people to show His power or showed His power in the bible.

Tuesday 19th January

Morning Reading:

Galatians 3:6-9

**'The scriptures say the same thing about Abraham:
"Abraham believe God, and God accepted Abraham's
faith, and that faith made him right with God."**

**So you should know that the true children of Abraham
are those who have faith. The scriptures told what
would happen in the future. They said that God would
make the non-Jewish people right through their faith.**

**This Good News was told to Abraham beforehand, as
the scripture says: "All nations will be blessed through
you."**

**Abraham believed this, and because he believed, he
was blessed. It is the same today. All who believe will
be blessed.'**

Evening Reading:

Daniel 4

**'After the furnace King Nebuchadnezzar sent a letter to all the people and
nations. In the letter he talks about the miracles and wonderful things that
God has done for him. He then talks about a dream he had.**

**In the dream he was seeing pictures and visions that made him afraid. He
saw a tree in front of him that grew large and strong the top of the tree
touched the sky and could be seen everywhere in the earth. The leaves
were beautiful, and the fruit was plenty and good. There was food for
everyone and. Shelter for all animals. Then an angel told him to cut down
the tree and cut it's branches, scatter the fruit and let the animals and birds
go away. But let the stump and roots stay in the ground. Put a band of iron
and bronze around it. This was so that the people would know that God
rules over man. And he chooses those who are not proud to rule over them.**

**Daniel told him that the dream meant. He said the dream was about his
enemies. King Nebuchadnezzar was the tree. He would be forced away
from people and would live among the animals. People will feed him and
in seven years he will learn his lesson. God is cutting down the king's pride,
but he is not getting rid of him fully, he just wants the king to stop doing
wicked things.**

**12 months later the dream came true. Out of his time away his power would
grow again because he would fully give glory and honor to God.**

Take-Away...

We see from the scripture that while God shows us His power and He wants us to allow Him to do this, and not to use our own power. God also wants us to have faith in His power, even when we don't see it. When He has promised us something for the future.

In Galatians we are reminded of Abraham's story. Abraham was old and so was his wife and God had promised them children. Abraham needed to keep listening to God and have faith in the promise.

In Daniel Nebuchadnezzar had a dream that would tell him his future fate. The king was great, but had become arrogant and would be made humble. But, he would not be taken away and God would keep him safe when he lost his power and riches.

Both the king and Abraham needed to keep faith in God's word. And so do we. Sometimes there are things God tells us will happen, but they will happen in the future, sometimes years later. Remain faithful.

What has God promised you? Has He spoken to you about something that will happen in your future?

Ask God to give you a promise or remind you of something that He has told you. Ask Him for the faith to remember it.

Are you struggling to believe a promise that God gave you?

Speak to God about this. Tell Him how you are feeling and what you would like Him to help you with.

Take a piece of paper and write down a promise from God. Decorate the paper and keep it somewhere you will see it every night and morning.

Then each morning thank God that this promise will happen.

Wednesday 20th January Morning Reading:

Galatians 3:10-14

'But those who depend on following the law to make them right are under a curse because the Scriptures say, "Anyone will be cursed who does not always obey what is written in the Book of the Law!"

So it is clear that no one can be made right with God by the law. The Scriptures say, "He who is right with God by faith will live." The law does not use faith. It says, "A person who does these things will live forever because of the,"

So the law put a curse on us, but Christ took away that curse. He changed places with us and put himself under that curse. It is written in the scriptures, "Everyone whose body is displayed on a tree is cursed." Christ did this so that God's blessing promised to Abraham might come to the non-Jews. This blessing comes through Jesus Christ. Jesus dies so that we could have the Spirit that God promised and receive his promise by believing.'

Evening Reading: Daniel 5

'In this chapter of Daniel we see king Belshazzar, the son of one of king Nebuchadnezzar's successors. Belshazzar gave a great feast for 1'000 royal guests. During the feast he ordered for the gold and silver cups that Nebuchadnezzar had taken from the temple in Jerusalem. He wanted his guests, his wives, and his slave women to drink from them. As they were drinking they praised their gods, who were made of gold, silver, bronze, iron, wood, and stone.

Suddenly a hand appeared and wrote on the wall. Daniel was called to read the writing. Daniel said God made Nebuchadnezzar a great and important king. But he became proud and was taken off the throne. Belshazzar knew these things and still did not praise God as the most high. And praised their own made gods instead.

God wrote on the wall that God was counting down the days till Belshazzar's kingdom would end. He has been found not good. His kingdom would be divided and given to the Medes and Persians...That night Belshazzar died and Darius the Mede became the new king

Take-Away...

God is the only way to Heaven and freedom.

When we live following strict laws and force others to follow them forgetting about God's forgiveness and love, we forget that there is freedom in God. God wants us to grow in freedom and be happy and safe and healthy, and he wants everyone we meet to live that way too so He wants us to treat them the way we want to be treated, with honor and respect.

But sometimes people don't know this or forget this. And they can become like Belshazzar in Daniel. They worship idols and laws and do not treat God with honor and respect. They forget about God and all the things He does, or they ignore them.

God wants you to remember that it is Him and Him alone that you are forgiven and have freedom. He gives this to us, nothing we can do will earn this as we already have it when we give our lives to Him.

Do you know that you have freedom in God and that He wants you to love and worship just Him.

Do you know that you do not have to do things to earn this love from God?

Talk to God about how He wants you to live and how He wants you to treat Him and other people.

On a separate piece of paper draw Belshazzar's party and write a message on the wall. Ask God how He wants you to act and write it on the wall.

Then take another piece of paper and write down all the ways God wants His children to live in freedom and following Him.

Thursday 21st January

Morning Reading:

Galatians 3:15-20

'Brothers, let me give you an example: Think about an agreement that a person makes with another person. After that agreement is accepted by both people, no one can stop that agreement or add anything to it. God made promises to Abraham and his descendant, God did not say, "and to you descendants." That would mean many people. But God said, "and to your descendant." That means only one person; that person is Christ.

This is what I mean: God had an agreement with Abraham and promised to keep it. The law, which came 430 year later, cannot change God's promises to Abraham. Can following the law give us what God promised? No! If this is so, it is not God's promise that brings us the blessing. Instead God freely gave his blessings to Abraham through the promise He had made.

So what was the law for? The law was given to show the wrong things people do. It continued until the special descendant of Abraham came. God's promise was about this descendant. The law was given through angels who used Moses for a mediator to give the law to men. But a mediator is not needed when there is only one side. And God is only one.'

Evening Reading:

Daniel 6

'During king Darius' reign Daniel said to choose 120 governors to rule through the lands with three men supervising, including himself. Because he did a better job than any of them the king decided to put him in charge of the whole kingdom. The other supervisors and governors tried to find a reason to accuse Daniel but they could not find anything wrong with him. They knew the only way to get to Daniel was through the law of God.

They convinced the king to make everyone worship and pray to only the king. When Daniel heard the new law he went and prayed to God, as he always did. When the men found out about Daniel praying to God they went to the king to tell him what Daniel was doing. The king had to give the order that Daniel would be put in the lion's den.

The king then said to Daniel "May the God you serve all the time save you!" The den was then sealed so no one could bring Daniel out. The king went back to the palace and could not eat or sleep that night, or do anything to entertain himself.

The next day the king went to the lion's den and found that God had saved Daniel because Daniel had trusted in God.

A new law was then passed saying that everyone should fear and respect God, the God most high who Daniel serves and trusts.'

Take-Away...

We have an agreement with God. When we became part of God's family we became part of Abraham's descendant. In Galatians we see that God made an agreement with Abraham that people are not made right by law but faith. And that those who are right with God by faith will live.

We see in Daniel that Darius passed a law and tried to make people be right by law, saying they should worship only him. But Daniel knew that only God could make us right, so he continued to worship God alone.

Because He worship God, Daniel was thrown into the Lion's den, but because he worshiped God and was made right by God, he lived. Because he was part of the agreement that God made with Abraham. And so are you.

Are you made right by God?

Is there anything that you find yourself doing that you know God would not like, or want you to do because it causes harm to you or others. Or is there something that you worship above God that stops you living in the agreement made between God and Abraham?

God wants you in the agreement. So talk to Him and ask for his help with repenting. This means asking forgiveness AND changing your ways and never doing the bad thing again.

On a separate sheet of paper design a poster of house rules that you think God would have in His house.

Remember we are not bound by law, and God makes us right. God also wants us to continue to live in the righteousness that He gave us. This means treating others with respect and loving them because they are also His children.

On another sheet of paper draw the Lion's Den and put everything that you struggle with that stops you living right with God. (acting out when you are angry, being mean, lying...ect...)

Then pray for them and ask God to help you live in the agreement between Him and Abraham. Then once you have prayed draw God in the lion's Den protecting you from the lion's.

Friday 22nd January

Morning Reading:

Galatians 3:21-24

'Does this mean that the law is against God's promises? Never! If there were a law that could give men life, then we could be made right by following that law. But this is not true, because the Scriptures showed that the whole world is bound by sin.

This was so that the promise would be given through faith. And it is given to people who believe in Jesus Christ.

Before this faith came, we were all held prisoners by the law. We had no freedom until God showed us the way of faith that was coming. So the law was our master until Christ came. After Christ came, we could be made right with God through faith. '

Evening Reading:

Daniel 6: 25-28

'Then King Darius wrote a letter. It was to all people and all nations, to those who spoke every language in the world: I wish you great wealth. I am making a new law. This is for people in every part of my kingdom. All of you must fear and respect the God of Daniel.

Daniel's God is the living God. He lives forever. His Kingdom will never be destroyed. His rule will never end.

God rescues and saves people. God does mighty miracles in Heaven and on earth. God saved Daniel from the power of the lions.

So Daniel was successful during the time that Darius was king. This was also the time that Cyrus the Persian was king.'

Take-Away...

Law is not to be ignored, but faith is where we should find our freedom.

Just because we do not live by law and our chains to law were broken by Jesus dying on the cross this does not mean we can do what we want and should not follow rules.

Rules are in place to keep us safe and be able to live together in peace. This is what God wants. He himself gives us rules to follow to help guide us in living with each other and in his righteousness.

In Daniel the king took back his old rule that only made him happy and caused others harm, and replaced it was a rule that worshipped God and recognized Him as the true power and ruler.

Are you still living in chains to law and afraid of doing something wrong that will make God or others not love you.

Are you always trying to be right to gain approval or Gods love, or a place in Heaven?

Speak to God about this. He will tell you that you are made right with Him and cannot gain acceptance from Him or buy your way into Heaven. You are this already when you gave your life to God.

Write a poster of your own house rules.

Write down all the rules that you follow and think that you should live by.

Then compare them with the rules you wrote yesterday for God's rules. Are they the same?

Whose rules do you think you should follow?

Then take another piece of paper, of on the back of the poster write down why you

Saturday 23rd January

Galatians 3:25-29 (ICB)

'Now the way of faith has come, and we no longer live under the law.

You were all baptized into Christ, and so you were all clothed with Christ. This shows that you are all children of God through faith in Christ Jesus.

Now, in Christ, there is no difference between Jew and Greek. There is no difference between slaves and free men.

There is no difference between male and female. You are all the same in Christ Jesus. You belong to Christ. So you are Abraham's descendants. You get all of God's blessings because of the promise that God made to Abraham.'

Take-Away...

WE ARE ALL CHILDREN OF GOD!

When we choose to follow God and give our lives to worshipping Him and Him alone we become part of His family.

This means that we become brothers and sisters to each other.

We should treat each other the way our parents want us to treat our brothers and sisters, with love and care for one another. God sees and loves us all equally. This does not mean we are all treated the same way because we are all individual people, but it does mean He loves us all the same, no one is His favorite child.

Do you know and firmly believe that you are a child of God.

Do you believe that He loves you unconditionally.

Talk to God about what it means to be His child. Ask Him to show you how He loves you.

Speak to God about how He wants you to treat others.

This week we have looked at God's ultimate Power:

We saw how amazing God's power is and that no one can match it.

We learnt that His power brings us righteousness.

We saw the difference between law and faith/ relationship with God.

We learnt that when we are free from law and give ourselves to Him we become part of His family.

Activity:

Draw your family tree.

Don't forget to include God and all your brothers and sisters in Christ that you can think of.

Ask your parents for help.

Once you have finished hang it up and pray for these people, one each day. Then add new Christians to the tree.