



Vegetable and Water Meal and Discussion

1 Timothy 4:12

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.

Have a family meal with raw vegetables and drink water as you talk about Daniel 1. Here are some discussion questions:

1. What would it be like to eat vegetables for three years and only drink water?
2. Why do you think the Hebrew boys did not eat the king's food?
3. How did they set an example to us?
4. God has a great plan for each person in your family. How can you be an example to the believers in your daily life?
5. What did you learn about God from the lesson today?
6. What did you learn about people? (remind your children that although the four young men obeyed God, many others did not and went with the crowd. We are all sinners and fall short of God's righteousness. That is why we need Jesus!)