

YEAR D | QUARTER 4

6

Worship
God's presence changes our lives.

POWER TEXT

"So whether you eat or drink or whatever you do, do it all for the glory of God" (1 Corinthians 10:31).

KEY REFERENCES

- Daniel 1
- *Prophets and Kings*, chap. 39, pp. 479-490
- *The Bible Story* (1994), vol. 6, pp. 9-14
- Student story on page 72 of this guide

OUR BELIEFS

- No. 22, Christian Behavior
- No. 7, The Nature of Humanity
- No. 6, Creation

OBJECTIVES

The students will:

- **Know** that Christians worship God when they choose to use and care for the gifts of health He has given.
- **Feel** a desire to worship God by celebrating and caring for their health.
- **Respond** by making health-promoting choices as good stewards.

Eat, Drink, and Be Healthy

POWERPOINT

We honor God when we take care of our health.

The Bible Lesson at a Glance

Nebuchadnezzar, king of Babylon, captures Jerusalem and takes Daniel, Hananiah, Mishael, and Azariah (later known as Shadrach, Meshach, and Abednego) to be educated and trained to serve King Nebuchadnezzar. Daniel asks to be served a simple diet of pulse and water instead of the king's elaborate food and drink. Finally, when Daniel and his friends appear before Nebuchadnezzar, he finds them to be 10 times wiser than all the other young princes.

This is a lesson about worship.

Daniel and his three friends choose not to partake of the rich foods and alcohol that will have a detrimental effect on their bodies. They choose instead to worship God by making healthful choices and maintaining the gifts of health He has given them.

Teacher Enrichment

"The spirit that possessed Daniel, the youth of today may have; they may draw from the same source of strength, possess the same power of self-control, and reveal the same grace in their lives, even under circumstances as unfavorable. Though surrounded by temptations to self-indulgence, especially in our large cities, where every form of sensual gratification is made easy and inviting, yet by divine grace their purpose to honor God may remain firm. Through strong resolution and vigilant watchfulness they may withstand every temptation that assails the soul. But only by him who determines to do right because it is right will the victory be gained. . . .

"The same mighty truths that were revealed through these men, God desires to reveal through the youth and children today" (*Prophets and Kings*, pp. 489, 490).

How well do I worship through my gift of health?

Welcome

Welcome students at the door and direct them to their seats. Ask them how their week has been. Encourage learners to study their Sabbath School lesson regularly, and use several minutes to debrief students on the previous week's lesson.

Ask: **What was the most interesting part of the Bible story? What activity did you find the most helpful? Which activity was the most fun?**

Invite students to share their experiences and/or the handiworks they created for Sabbath School during the week. (The leader should be familiar with the previous lesson to be able to direct the discussion.) This is also a good time to have students recite the power text.

Have students begin the readiness activity of your choice.

Program notes

LESSON SECTION	MINUTES	ACTIVITIES	MATERIALS NEEDED
Welcome	Ongoing	Greet students at door. Ask about their week.	
1 Readiness	10-15	*A. CELEBRATIONS!*	white/chalkboard, markers/chalk, paper, pencils, copy of pp. 151, 152
		B. Healthy Choices	Bibles, white/chalkboard, markers/chalk, paper, pencils
		C. What's the Difference?	Bibles, magazines, scissors, poster board, glue
* Prayer and Praise	15-20	See page 67. Prayer and Praise may be used at any time during the program.	songbooks, world map, pushpins, offering plate/basket
2 Bible Lesson	15-20	Introducing the Bible Story	Bibles, paper, pencils
		Experiencing the Story	Bibles, copies of script (p. 153), chairs
		Exploring the Bible	Bibles, white/chalkboard, markers/chalk, paper, pencils
3 Applying the Lesson	10-15	*Evaluation*	paper, pencils, white/chalkboard, markers/chalk
4 Sharing the Lesson	10-15	*Face the Challenge*	Bibles, paper, markers
* Closing		Prayer and Closing Comments Reminder to Parents Coming Up Next Week	

1

READINESS ACTIVITIES

Select the activity or activities that are most appropriate for your situation.

A

YOU NEED:
- ☐ white/chalkboard
- ☐ paper
- ☐ pencils
- ☐ copy of pp. 151, 152
- ☐ markers/chalk

CELEBRATIONS!

Write the word "CELEBRATIONS" down the side of the board.

Say: **We all know that gifts and celebrations go together. I am sure each of you is thankful for the gift of health that God has given you. But you can enjoy maximum benefit from a gift when you acknowledge it with thanks and actually use it in your life. The acronym CELEBRATIONS! can help us remember the gifts of health that support vitality, energy, and abundant life.**

Assign 12 volunteers each one of the words that each letter of the acronym stands for (or double up if you have fewer students). Ask them to, one at a time, write their word next to the appropriate letter on the board, and then read its explanation that you provide them from pages 151, 152.

Debriefing

Ask: **What have you learned from our CELEBRATIONS?**

Say: **Let's say the power text, 1 Corinthians 10:31:**

"So whether you eat or drink or whatever you do, do it all for the glory of God" (1 Corinthians 10:31).

Ask: **How can this verse relate to the CELEBRATIONS we have written out on the board? How does CELEBRATIONS help you worship and glorify God?**

Say: **Our point today is that**

We honor God when we take care of our health.

B

YOU NEED:
- ☐ Bibles
- ☐ white/chalkboard
- ☐ paper
- ☐ pencils
- ☐ markers/chalk

Healthy Choices

Write the following statements on the board. Say: **It can sometimes be a challenge to make healthful choices when your friends are not. Read the situations on the board, and on your paper, rate yourself using a scale of 1 to 10, with 1 being "easy to do" and 10 being "difficult to do."**

1. Saying no when offered a cigarette.
2. Avoiding drinks with caffeine.
3. Avoiding junk foods.
4. Going to bed early enough.
5. Drinking eight glasses of water a day.
6. Exercising or playing sports at least three times a week.
7. Not having a candy bar binge.
8. Trusting in God to give your mind peace.
9. Breathing deeply of fresh air daily.
10. Having a happy and thankful attitude.

Debriefing

Ask: **Which items seem to be the easiest? Which the hardest? How do you think these situations relate to worshiping God?**

Say: **Let's say together the power text, 1 Corinthians 10:31:**

"So whether you eat or drink or whatever you do, do it all for the glory of God" (1 Corinthians 10:31).

Ask: **How can we honor and worship God more fully by the choices we make concerning our body? If you offer your body to God as a gift, what condition do you want it to be in? We are learning today that**

We honor God when we take care of our health.

(Adapted from Fred Cornforth and Kelly Blue Cornforth, *Creative Bible Learning Activities for Junior Teens* [Lincoln, Nebr.: AdventSource, 1995], p. 66. Used by permission.)

Accommodation for students with special needs

Have students with visual impairments sit close to the board for this activity. Alternatively, prepare in advance a handout for these students and for any other student who may benefit from it.

Prayer & Praise

C

What's the Difference?

YOU NEED:
- ☐ Bibles
- ☐ magazines
- ☐ scissors
- ☐ poster board
- ☐ glue

Supply students with magazines (or preselected pictures). Divide the students into small groups, giving each a poster board. Ask them to divide their poster board in two columns and place the words "Healthy" and "Unhealthy" at the top of the two columns. Say: **Find pictures or words in the magazines that describe a healthy or unhealthy lifestyle. Cut out the pictures and words and glue them on your poster board to make a collage.** Allow students to briefly present their collages.

Debriefing

Ask: **What are some of the many gifts God has given us? How can we celebrate and honor God for the wonderful health-producing gifts He has given us?** Say: **Let's say together the power text, 1 Corinthians 10:31:**

"So whether you eat or drink or whatever you do, do it all for the glory of God" (1 Corinthians 10:31).

Remember,

We honor God when we take care of our health.

Accommodation for students with special needs

Guide students who experience difficulty with this activity to participate in groups where they could receive help from their peers.

Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). If they have given you permission, share one or two special items from students' Bible study during the week. Acknowledge any birthdays, special events, or achievements. Give a special, warm greeting to all visitors.

Suggested Songs

"I Like Bananas" (*Praise Time*, no. 17)
"I Have Decided to Follow Jesus" (*He Is Our Song*, no. 146)
"Lord, Be Glorified" (*He Is Our Song*, no. 148)

Mission

YOU NEED:
- ☐ world map
- ☐ pushpins

Use *Adventist Mission for Youth and Adults* (go to www.juniorpowerpoints.org and click on MISSION) another mission report available to you. For the mission story, have a map of the world where the students can identify the location of the mission story and compare it to where they are. You could use pushpins to mark where the mission story takes place.

Offering

YOU NEED:
- ☐ offering plate/basket

Remind the students throughout the month that they honor God by making healthy choices. Say: **We honor God through the choices we make—how we care for our bodies, how we spend our time, and how we spend our money. When we give each of these to God, He multiplies them all and makes something really wonderful out of them. Let's share some of our money with God and see what He can do.**

Prayer

Say: **Today I want to talk about the ACTS prayer. How many have ever heard of it? ACTS is an acronym that describes many of the ways we can pray. Prayer isn't just about asking God for things we want or need.**

A stands for Adoration. When we pray, we should express our love and adoration for God. David did that a lot in his psalms.

C stands for confession. First John 1:9 tells us that when we confess our sins that God is faithful to forgive us.

T represents thanksgiving. How many times do you remember to thank God for His blessings when you pray?

S is for supplication. That's the asking part. Remember, when you pray, to ask not only for material things but for God's spiritual blessings as well.

Ask for four volunteers, one to pray each kind of prayer. Explain to the student who does the prayer of confession that we do not want or need to confess private sins in public. The prayer should be general, such as "Forgive us for not loving one another as we should." Close with a prayer for the students' joys and sorrows, for the birthday and other special event celebrants, as well as for the visitors.

2

BIBLE LESSON

YOU NEED:
- ☐ Bibles
- ☐ paper
- ☐ pencils

Introducing the Bible Story

Say: **You have one minute to make a list of all the different types of fruit you know.** Then ask: **Who has the longest list?** Ask that person to read their list, having other students cross off every fruit they have in common with the reader and add the ones they do not have. Then ask the others to share with the reader names of fruit they have that are not on the reader's list. Everyone should end up with the same list. (When all the lists are the same, you may want to reward everyone with a piece of fruit they can take home for lunch.)

Say: **Today we're talking about how we can worship God by caring for our bodies and our minds—important gifts God has given us. In our Bible lesson today the young man Daniel and his friends honored God in this way. Let's try to repeat our power text and power point.**

We honor God when we take care of our health.

YOU NEED:
- ☐ Bibles
- ☐ copies of script (p. 153)
- ☐ chairs

Experiencing the Story

Ask students to take turns reading aloud all the verses of Daniel 1.

Say: **I need three volunteers to participate in the following debate going on in Daniel's head. We need two people to sit in chairs facing each other, with Daniel sitting between them. "Daniel" needs to act as if mentally struggling with the decision by using facial and body expressions as the conversation is going on.** Give copies of the script on page 153 to the three volunteers.

Say: **We don't know if Daniel's decision was immediate or if he had to think about what he should do. Some choices we have to make are easy and quick, while others we may struggle with. Daniel was in a difficult situation. His life may even have been at risk. Let's listen in on the conversation going on in his head between two "Wills"—the "Will to Do Right" and the "Will to Go the Easy Way."**

Debriefing

Say: **Notice verse 8 of Daniel 1 says that Daniel "resolved not to defile himself."** Ask: **Do you think his friends would have gone along with the king's food if it had not been for Daniel's influence? Do you think Daniel's choice affected the Babylonians in their eating habits? Does the way you treat your body affect only yourself or others too? Why or why not?**

YOU NEED:
- ☐ Bibles
- ☐ white/chalkboard
- ☐ paper
- ☐ pencils
- ☐ markers/chalk

Exploring the Bible

Write the following texts and questions on the board. Then divide the students into three groups. Ask them to examine the texts and then answer the questions, preparing to report back to the larger group.

1. Genesis 1:29. What foods did God give Adam and Eve to eat in the Garden of Eden? Give some examples. Are these foods still available today? How should this fact influence our choice of what to eat?

2. Genesis 9:3, 4. What did God give to Noah and his family to eat after the flood? Why do you think He did that? What do you think is God's ideal, and why?

3. Genesis 7:2; Leviticus 11:3-23, 26, 27, 29, and 30. Which animals did God say were clean and which were unclean? What was the difference between the two? Why do you think some animals were declared unclean?

Ask: **On the basis of what you have discovered, what kind of food do you think is the healthiest? Do these guidelines given so long ago still apply today? How can we honor and glorify God by what we eat? Does it really matter?**

Debriefing

Ask: **According to the verses we just read, what kinds of obstacles will arise? Why is overcoming obstacles important? What should motivate us to pursue healthy lifestyle habits?** Say: **Our power text, 1 Corinthians 10:31, gives us the answer. Let's say it together:**

"So whether you eat or drink or whatever you do, do it all for the glory of God" (1 Corinthians 10:31).

Our power text this week is:

We honor God when we take care of our health.

Accommodation for students with special needs

Have students with certain learning disabilities and those with visual impairments sit close to the board for this activity. Alternatively, prepare in advance handouts with the list of Bible references and questions.

YOU NEED:
- ☐ paper and pencils
- ☐ white/chalkboard
- ☐ markers/chalk

Evaluation

Write the word "CELEBRATIONS" lengthwise down the side of the board. Then write out the corresponding words next to each one of the letters (C—Choices, E—Exercise, L—Liquids, E—Environment, B—Belief, R—Rest, A—Air, T—Temperance, I—Integrity, O—Optimism, N—Nutrition, S—Social support).

Provide a piece of paper for each student. Ask them to write "CELEBRATIONS" lengthwise down the side of the paper. Invite each student to evaluate their choices over the last two days. Beside each of the letters the students should record what their personal choices have been for the last 48 hours.

For example, beside the C they can record any positive choices such as "doing my homework before I played with my friends" (i.e., E—"rode my bike, played football"; L—"had two glasses of water and three sodas"; E—"put my soda can in the trash instead of the recycle bin," etc.).

After the students have completed their inventory, ask them to evaluate it and decide how closely it resembles the guidelines we learned about in our lesson today.

Debriefing

Ask: **How do you feel when you stop to take a look at the choices you have been making over the last two days? Why is it important to take care of the gift of health that God has given us? Taking care of our bodies includes watching out for our mental health also. What can you do to improve your mental health?** (Refer back to Readiness A and the CELEBRATIONS list.)

Say: **God gave us guidelines because He loves us. He created our bodies and knows what is best for them.**

We honor God when we take care of our health.

4

SHARING THE LESSON

YOU NEED:

- ☐ Bibles
- ☐ paper
- ☐ markers

Face the Challenge

Invite students to talk about their experiences if they shared with someone during the past week the benefits of exercising and eating healthy, nutritious meals.

Use the inventory created in Applying the Lesson. Divide the students into pairs and ask them to create a plan of ways they can improve the "celebration" of the gift of health that God has given us.

Debriefing

Ask: **Would anyone like to share with the whole group their action plan for improving their celebration of good health?** If there is a group need or a significant number who are accepting the challenge of improving in the same area, see if you can arrange a group activity that will help to support them.

Say: **When we take care of ourselves and use the gifts God has given us to promote good health, we will feel the benefit mentally, physically, and spiritually. And we have the opportunity to be a great influence to those around us.**

Let's remember our power point,

We honor God when we take care of our health.

Note to teachers

You might start a CELEBRATIONS chart in your Sabbath School room. This can be used for the rest of the quarter. Create the acronym on a large bulletin board, and each week as the students arrive, ask them to use brightly colored markers to record the positive choices they have made during the week. Celebrate together as you watch your board expand with the evidence of the student's good choices.

Alternate Activity

Say: **Draw a picture that comes to your mind after reading 1 Corinthians 6:19. Then write out the text below the picture. Plan to give it to someone you can influence to take better care of their gift of health.**

Closing

Prayer and closing comments:

Say: **Dear God, we praise Your name for the gifts You have given us. For health and for all the good things and good instruction we have to maintain that gift in wonderful condition. We pray that we will celebrate the gifts You give us and glorify You in everything we choose to do. Amen.**

Reminder to parents:

Say: **Check out the student Bible study guide to find Parents' Pages for your use in family worship, or however you wish to use them to spiritually guide your children. You may listen to the podcast of the lesson online at www.juniorpowerpoints.org/podcast.php?channel=1.**

Coming up next week:

Say: **Hebrew youth are thrown into the fiery furnace. God is with us even in difficult or dangerous situations.**

Notes

Student lesson

Eat, Drink, and Be Healthy

Have you ever refused to eat something because you knew it was not good for you, and felt everyone looking at you? If you have, you know exactly how Daniel felt. If you haven't, imagine what it would be like to refuse to obey the king's command.

Daniel was just a teenager, and already he'd had a hard life. Jerusalem, his beautiful home, had been attacked and besieged by an army from a heathen country until the king of Jerusalem surrendered. The king and the royal family, the leading men of the land, and all the soldiers, craftsmen, and artists were taken prisoner. Daniel and three of his friends were among those taken captive and probably forced to march the 600 or more miles to Babylon.

What a change. They'd gone from being those with the brightest futures in their country to prisoners. But the fact that God had given them good health and lots of natural ability was not unnoticed in Babylon. The king, Nebuchadnezzar, instructed one of his court officials to choose young men with potential from among the prisoners and to make them Babylonians.

They would be trained to serve in the king's court. They would learn the language and the literature. They would be given new, Babylonian names. And they would eat from the king's table.

Daniel and his friends knew that much in their lives was beyond their control. They had no choice when their land was conquered by the Babylonian armies. They had no choice when they were taken prisoners to a foreign land. They had no choice when they were ripped away from their families and country. But they knew that certain things were within their control.

No matter where they were, they could choose to worship God. They could choose to take care of themselves the way He had taught them to. They could choose to glorify Him in everything they did.

Their first test came at dinner. The king's table was covered with food a Hebrew boy would never eat. "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" (Daniel 1:8).

Disobeying the king was no small matter. "I am afraid of my lord the king, who has assigned your food and drink," the court official said. "Why should he see you looking worse than the other young men your age? The king would then have my head because of you" (verse 10).

Little did he know that eating the way Daniel was asking to would keep him looking good and strong and healthy. So Daniel negotiated a settlement. "Please test your servants for ten days," he said. "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" (verses 12, 13).

That sounded reasonable, so the challenge was on. At the end of 10 days Daniel and his friends looked healthier and more nourished than the other boys. From then on they got to eat what they wanted.

Not only did they look and feel good. They were smarter and wiser than the other students who were not taking care of their health as God had taught. When they were presented to Nebuchadnezzar, the king "found none equal to Daniel, Hananiah, Mishael and Azariah. . . . In every matter of wisdom and understanding about which the king questioned them, he found them ten times better than all the magicians and enchanters in his whole kingdom" (verses 19, 20).

Choosing what to eat may not seem like the most important battle to fight when one is a prisoner in a heathen country. But these boys had promised to be faithful to God, and that extended into all areas of their lives. That meant that they were going to honor God by taking care of the health He had given them.

We all make choices every day. We can praise God for the gifts He has given us, and take care of them the way He has taught us. Just as Daniel did, we can choose to glorify Him in everything we do—whether we eat or drink, exercise or sleep, breathe fresh air or trust in God. We can choose to honor our Creator in everything we do.

KEY REFERENCES

- Daniel 1
- *Prophets and Kings*, chap. 39, pp. 479-490
- *The Bible Story* (1994), vol. 6, pp. 9-14
- Our Beliefs nos. 22, 7, 6

POWER TEXT

"So whether you eat or drink or whatever you do, do it all for the glory of God" (1 Corinthians 10:31).

POWER POINT

We honor God when we take care of our health.







Sabbath

DO Do this week's activity on page 47.

Sunday

READ Read Daniel 1:1, 2 and this week's story, "Eat, Drink, and Be Healthy."

DO Wash out an empty food tin, write the power text on a piece of paper, and attach it to the tin. Put it somewhere that you can see it during the week.

REVIEW Review the power text, 1 Corinthians 10:31.

PRAY Pray that you will make healthy decisions about how to treat your whole body.

Monday

READ Read Daniel 1:3–5.

FIND Daniel came from the royal family. Find a text that says you are part of God's royal family.

WRITE In your Bible study journal, write about what it means to be a member of the royal family.

SHARE Tell someone today about the benefits of exercising and eating healthy, nutritious meals.

REVIEW Review the power text.

PRAY Commit or recommit your life to God.

Tuesday

READ Read Daniel 1:6–10.

MAKE Make a time line of the events in Daniel's life and of the major decisions he had to make.

DECIDE Make healthy choices about the kinds of food you want to eat. Write in your Bible study journal about your plan to maintain a healthy diet.

EXERCISE Do some form of exercise today.

REVIEW Review the power text.

PRAY Ask God to help you make healthy choices.

Wednesday

READ Read Daniel 1:11–14.

DRAW Draw a cartoon illustrating Daniel's attitude to the court official.

NOTE Write down what you ate and drank yesterday. Did it all celebrate health? If not, what changes do you need to make to improve your eating habits?

REVIEW Review the power text.

PRAY Pray that God will help you be courteous in difficult situations.

Thursday

READ Read Daniel 1:15–21.

DISCOVER Discover one of God's promises to those who are tempted (1 Corinthians 10:13).

REVIEW Review the power text.

PRAY Thank God for His promises.

Friday

ACT Act out Daniel 1 with your family.

DISCUSS Read and discuss 1 Corinthians 6:19 with your family. How does this affect your lifestyle choices?

REPEAT Say the power text aloud by memory. Share it with your family members.

PRAY Pray that God will help you glorify Him in your dietary habits, in your daily tasks, and in everything you think, say, and do.