

FAITH & FAMILY

FAMILY CREATIONS

Read in Daniel 1:11-16 about the healthy food that Daniel and his friends ate. What were the results of healthy eating? Get out a recipe book or go online to find some new recipes that feature vegetables or fruit. Team up family members and have a cooking contest to prepare some new healthy snacks or appetizers. Enjoy the tasty treats together.



Photo by Eising

GAME TIME!

Get out some family board games and talk about the rules of those games. Why is it important for all players to follow the same rules? Make up some new rules for the games, or let players decide their own rules as they play a game. What happened? Talk about why it is important to know God's Word and to obey His rules. Then spend the rest of the evening playing together the games you have—according to the rules!



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LOOK IN THE BOOK

Read together this week's Bible story from Daniel 1.
Remember, **We should choose to live for God.**