



## WEEK 4 - DANIEL

### SHINING THROUGH OPPRESSION

#### OPENING PRAYER:

Gracious God, sometimes we experience bad or hard things. Unfair things. Things that are not our fault. Sometimes we are put in positions where we have to take a stand for what we believe in. Help us to respond in these times with grace, never losing sight of who we are, and what we believe. Help us to stand strong, just like Daniel, knowing that we are your beloved children. Let us always let our lights shine in all that we do. Amen.

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#### SUPPORT:

- Support one another by sharing the best and worst parts of your day.
  - Talk about how you let your light shine or saw others letting their lights shine today.
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#### LEARN:

Read Daniel 6: 1-28

OR "Daniel & the Lions" page 184 in the *Spark Story Bible*

- What was your favorite part of the story?
  - How did the characters in this story let their lights shine?
  - What do you think is the scariest animal in the world?
  - What would you do if you were placed in a small place with that animal?
  - If you knew God would protect you would you still be afraid?
  - Talk about a situation where you have been afraid and felt God's presence protecting you.
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## ENGAGE: Friendship Bracelet

**Supplies:** At least 2 colors of embroidery floss, tape

**Object:** To create a friendship bracelet for yourself or to give to someone as a gift.

### How To:

Step 1: Measure the string on your wrist, go around twice. That's the length you'll need to make a bracelet that will fit your wrist. Cut 2 or more pieces of floss, all the same length, and tie them together at the top, with a knot. Tape the floss to your pant leg, or the table to keep it steady.

Step 2: Take the string on the far left, and cross it over the string to its immediate right, it should look like a number four. Pull the string through the opening and pull it up tight. Repeat.

Step 3: Take the first string over to the right and repeat your actions above on the next string. Continue all the way across to make a row.

Step 4: Repeat the above steps for each new thread on the left until you get to the end of the string.

Step 5: Once you've reached the length you want, tie the end off with a knot, and then tie the two ends together on your wrist. Leave a little extra room, as your new bracelet will shrink a bit when it gets wet.

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## NOURISH: Snack Recipe – Smoothie

This week's snack is a smoothie! Basically you can blend together any combination of liquids, fruits, and vegetables that you want. My favorite smoothie is strawberry banana. Combine 8 ounces of milk, 8-10 fresh strawberries, one banana, one small container of strawberry yogurt, and one cup of ice in a blender. Blend until smooth. Pour into cups and enjoy! Bon Appetite!

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## PRAY: Lord's Prayer

### Traditional

Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever.  
Amen.

### Contemporary

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and forever.  
Amen.

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## BLESS: Child of God, let your light shine!