

Self-Respect! From Dojo Lesson 2

LEADERSHIP TRAIT - RESPECT

Leaders who have self respect will take care of their mind and body which will increase or maintain their health.

LEADERSHIP LESSON

Your children will learn that we should honor God by taking care of our bodies.

LEADERSHIP STORY

Daniel chooses good foods. (*Daniel 1*)

WHAT DO I DO?

Have your children read the Leadership Story. Next, have your children watch the Leadership Video and complete the Child Leadership Questions. If you want to do the Optional Family Activity, have the whole family watch the Leadership Video, then lead your family through the Optional Family Activity.

OPTIONAL FAMILY ACTIVITY: CHOOSING GOOD FOOD

One of the ways we can take care of our bodies is by eating healthy foods. This is important because God made us and gave us our bodies and He wants us to take care of them. Pick one thing to eliminate from your diet this week as a family. You could give up candy, dessert, or soda. Work together as a family to stay away from that food item all week! Find some healthy alternatives you could enjoy together as a family instead. Maybe instead of eating dessert, your family could go on an after dinner walk together. Whatever you choose to do together, remember to emphasize the importance of taking care of the bodies God gave us!

MEMORY VERSE: Help your child memorize this verse.

"Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body." 1 Corinthians 6:19-20 (NLT)

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Main Point: Self-Respect - I will take care of my body because God gave it to me!

Materials Needed:

- A Bible
- The Leadership Video - *Self-Respect*
(File name: Elevate_RESPECT_Dojo_L2_SelfRespect.mp4)
- A pen or pencil

Read the Leadership Story about Daniel's food choices in Daniel 1. When you are finished, watch the Leadership Video. Then, read the items below and write your responses in the space provided.

1. In the video, Pastor Mike talked about a particular sword that a skilled craftsman spent a lot of time putting together. If that sword wasn't well taken care of, would it still be as sharp and useful?
2. Just like a skilled craftsman made that sword, a skilled craftsman made us as well. Who carefully put together all of the details of our bodies?
3. God crafted us and we are very valuable to Him. So we need to take care of our bodies. What was the name of the character in the story who took care of his body?
4. In the Leadership Story, Daniel was under the command of King Nebuchadnezzar. King Nebuchadnezzar was looking for the strongest, healthiest, and smartest men in the kingdom. Why?
5. During the training, the men had special food picked out for them. Who picked it out and where did it come from?

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6. There was one person who decided not to eat the food. Who was it?
7. The chief of staff did not want to disobey the king's rule for the men to eat his food. What was the chief of staff afraid would happen to Daniel?
8. What was it that Daniel only wanted to eat and drink for ten days?
9. After eating only vegetables and water for ten days, what happened to Daniel?
10. After seeing how Daniel was healthier than the other men, the chief of staff allowed Daniel to continue eating only vegetables. What was Daniel's result at the end of training?
11. At the end of the Leadership Story, Daniel got a great opportunity. What was it?
12. Daniel knew that it was important to take care of his body, because he knew that God gave it to him. We should take care of our bodies as well. How can you take care of your body?

God values us very much and we need to take good care of the body that He has given to us. When we take good care of our bodies, then God will be able to use us to do great things. Write out a plan for the week of what good foods you are going to eat each day.

Memory Verse: Ask your parents to help you memorize this verse.

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Main Point: Self-Respect!

1. No.
2. God. The creator of the universe.
3. Daniel.
4. To serve in the royal palace.
5. The king picked out the food from his own kitchen.
6. Daniel.
7. He would become pale and thin compared to the other men.
8. Vegetables and water.
9. He was healthier and better nourished.
10. He was the healthiest and the strongest.
11. He entered into the royal service.
12. Eating foods that are good for us, exercise our bodies, get a good night's sleep.